NO EXCUSES TO WORK OUT: TRAINER, PG 23

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Thousands almost gone with wind

HONESTY A P.E.I. man is thanking total strangers for their kindness, honesty and quick reaction. Ian Walker, a rental property owner, was about to make a deposit at a Charlottetown bank yesterday when a strong gust of wind blew a bag containing $10,300 out of his hand.

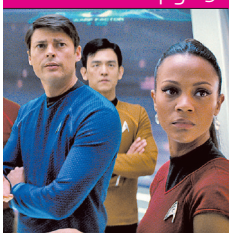
The money flew down the street, onto sidewalks and under parked cars.

Passersby scattered to help Walker collect his money and when all was said and done, every single dollar had been returned to him. THE CANADIAN PRESS

Sports pg 18

Hats off to Ovechkin and Capitals

Entertainment pg 29



New faces, familiar roles

ShareYourViews
torontoletters@metronews.ca

Music Monday **The day the music thrived**

TARA WALTON/TORSTAR NEWS SERVICE

Students from schools across Toronto perform yesterday at Yonge-Dundas Square in Canada's fifth annual national celebration of music education. This year's Music Monday connected more than 700,000 students from across Canada in a simultaneous concert celebrating the importance of music in schools. The theme song, Sing Sing, was written and composed by Canadian artist Serena Ryder.

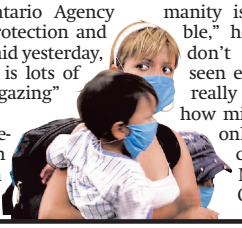
Lingering effects

Officials warn swine flu virus could strike again this fall

The swine flu virus will likely become a full-blown pandemic — and could strike with renewed vigour when flu season returns this fall, Ontario public health officials are warning.

But just how sick people will get remains to be seen, Dr. Michael Gardam, director of infectious diseases with the Ontario Agency for Health Protection and Promotion, said yesterday, adding there is lots of "crystal-ball gazing" happening.

"It's definitely not a bunch of hype, in my opinion. That doesn't mean that humanity is in big trouble," he said. "I still don't think we've seen enough of it to really comment on how mild it is. We've only seen 1,000 cases outside of Mexico."



Ontario is prepared to roll out its pandemic plan, modelled on a "moderately severe" pandemic affecting up to 4.5 million people in the province, Gardam said. The model's assumptions are based on the 1957 flu pandemic.

TORSTAR NEWS SERVICE

MORE COVERAGE, PGS 8, 12

Councillor questions building agency

Toronto's new development agency, Build Toronto, is putting the city in a conflict of interest by forcing the city to act as both a developer and a planning regulator, says Coun. Howard Moscoe.

But Mayor David Miller has pushed back strongly against misgivings voiced by Moscoe and some other councillors about Build Toronto, whose job is to wring more money from city-owned real estate.

Land

- Moscoe noted that Build Toronto will no longer be bound by Toronto's housing-first policy, in which surplus land was always offered first for affordable housing.

The executive committee yesterday reviewed a list of 30 properties owned by the city or its agencies that will be assigned to Build Toronto for development, probably with private partners.

Several are TTC parking lots or bus terminals; also included is a property at Yonge Street and Empress Avenue in North York's downtown.

Moscoe warned troubles lie ahead if the city becomes an aggressive developer. A special advisory group estimated in 2008 that the city could make $150 million a year by exploiting its real estate assets. "Over a period of time, the development process will always trump the planning process," he warned.

TORSTAR NEWS SERVICE

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Cops search for suspect in sex assault
Police are searching for a clean-shaven man who dragged a 19-year-old woman into an alley and sexually assaulted her in the Bloor Street West and Brunswick Avenue area Saturday. Her attacker is described as 19 to 22 years old, white, with short blond hair. TORSTAR NEWS SERVICE

Local

GM dips into emergency fund

General Motors is drawing $500 million out of the emergency fund promised by the Canadian and Ontario governments as it works to complete its restructuring plans. The governments say the interim bridge loan can only be used for working capital while the company finalizes its plan. GM has until June 1 to provide Ottawa and Ontario with a viability plan and secure billions of dollars in funding. THE CANADIAN PRESS

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Tomorrow's Metro

Comment & Views

Andrea Woo gives us her hilarious take on love and dating in her Relating column.

metronews.ca

WHAT'S ONLINE TODAY

Video Prairie treasure hunters are cashing in on valuable space debris dropped by last fall's meteor at **metronews.ca/canada**

Your Money Allan Small on why diversification is just as crucial in a hot market as it is in a sinking one at **metronews.ca/investing**

Blogs Josey Vogels debuts her new blog, Sexcetera

Lotteries

Ontario Pick 3: 4 3 5; **Ontario Pick 4** : 3 3 7 9
Encore: 4093619
Daily Keno: 1, 2, 3, 4, 5, 6, 8, 12, 13, 27, 33, 37, 40, 46, 50, 56, 59, 61, 63, 64.
These results are not official.

ShareYourViews

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McGuinty trims school grants

Rules for post-secondary textbook, travel money quietly changed

Ontario's opposition parties went on the attack against the self-described "education premier" yesterday after learning the Liberal government had quietly scaled back grants for college and university students.

Last year, Premier Dalton McGuinty introduced a $385-million program to provide a $150 textbook and technology grant for post-secondary students and a $500 travel grant for students who must commute or move more than 80 kilometres to attend school.

But the government quietly changed the rules so anyone who does not qualify for student aid also won't get the textbook or distance grants.

"You're going back on your promise and taking away the last little thing left for thousands of students," NDP education critic Rosario Marchese told McGuinty in the legislature.

Dalton McGuinty

"The tiny little textbook incentive was supposed to grow, not be snatched away (and) now students in rural areas will face one more obstacle to their education."

McGuinty said he was proud of the grant program initiated last year, but admitted the government was scaling back the grants because of the faltering economy.

"We're now staring into the face of a worldwide recession, and we've had to make some adjustments," he told the legislature.

"We've got to act responsibly. We've had to trim things a little bit given our financial circumstances."

McGuinty said 72 per cent of students who received the textbook and technology grants last year would be eligible again this year, but the NDP disputed the premier's figures.

THE CANADIAN PRESS

Furry heroes honoured

It was a miracle nobody sullied the red carpet. Indeed, the inductees — wild-eyed, loose-tongued, and with no apparent regard for personal hygiene — drooled their way through the ceremony without even the slightest sense of decorum.

Not bad for three dogs and a cat named Nemo.

The Purina Animal Hall of Fame honoured four courageous quadrupeds from across Canada yesterday at the PawsWay Pet Discovery Centre on Queens Quay West. The inductees, though frightfully underdressed for the occasion, deserved every outburst of high-pitched praise.

For although they come in a variety of breeds and sizes, these best friends of men (plus one cat) have one thing in common: They have saved human lives.

"These animals have gone above and beyond the call of duty," Purina's Mary Siemiesz told the crowd of about 50, describing the pets as the "most humble of heroes." TORSTAR NEWS SERVICE

COLIN MCCONNELL/TORSTAR NEWS SERVICE

Sophie, a year-and-a-half-old bichon frise, with owner Mary-Ann Lazurko and her granddaughter Macen Chernuka. Sophie helped rescue Mary-Ann's daughter who had low blood sugar.

Man denied bail in nuclear devices case

TRIAL A Toronto man believed to be the only Canadian ever charged under the United Nations Act will remain in custody as he awaits trial for allegedly trying to send nuclear technology to Iran, a judge ruled yesterday.

Mahmoud Yadegari, 35, was arrested last month after a joint eight-week investigation by the RCMP and the U.S. Department of Homeland Security. He spent the last two-and-a-half weeks in jail awaiting a decision on his application for bail.

"Mr. Yadegari is disappointed that he is not being reunited with his wife and young son," his lawyer, Craig Penney, said in a written statement.

Authorities allege Yadegari tried to procure and export pressure transducers.

The devices, which are hand-sized, have a myriad of legitimate commercial uses, but can also be used in the production of enriched uranium for military purposes.

Mahmoud Yadegari

At a press conference following his arrest, police said Yadegari allegedly purchased 10 of the transducers from a Boston-area company for about $1,100 each. Police said the company alerted authorities after learning the transducers would be shipped to Yadegari in Toronto, and then on to Dubai in the United Arab Emirates before being sent to Iran. THE CANADIAN PRESS

News in brief

CITY HALL Toronto will review whether licences should be required for second-hand stores, says Jim Hart, head of the city's licensing department. The reconsideration of an old policy was prompted by complaints from Peter Genest, who operates a second-hand record and CD store on Bloor Street West called Hits and Misses. TORSTAR NEWS SERVICE

Coach charged with offences 20 years later
A former figure skating coach who operated in the GTA is facing three sex-related charges after he allegedly had sex with a student in his apartment almost 20 years ago. Wayne Michael Sanderson, 52, of Belleville, is charged. TORSTAR NEWS SERVICE

Coach seeks smoking ban

Politicians in Georgina are moving toward a sideline smoking ban at the town's outdoor soccer pitch after complaints that clouds of smoke were wafting over young players during games.

"Last year, I heard kids complaining almost every game that there was a huge cloud of smoke," said official Peter Gunn, who sparked the butt-out campaign on behalf of the Lake Simcoe Soccer Club for children and youths.

"We want to promote a healthy lifestyle and it doesn't make sense to have a whack of parents standing on the sidelines smoking."

The Lake Simcoe league already has a club rule obligating tobacco smokers to stay 20 feet away from the pitches when lighting up.

But league officials had no way of enforcing the rule, which Gunn says is mostly ignored, so town council was asked to pass a bylaw, which has "more teeth," he said.

The league has kids with serious lung ailments such as asthma, cystic fibrosis and heart conditions.

"Soccer is a very cardio-intensive sport and we were worried about the effects of second-hand smoke on kids while they were running and their lungs were open," Gunn said.

Furthermore, the pitches were often littered with butts after games.

The matter goes to council next Monday.

TORSTAR NEWS SERVICE

RICK EGLINTON/TORSTAR NEWS SERVICE

Soccer coach Peter Gunn who coaches the Lake Simcoe Fury Under 9 Rep Boys team has asked the Georgina Council to ban smoking on outdoor soccer pitches.

$100M fund for gene research

Minister of Research and Innovation John Wilkinson announced a new $100 million fund for gene-related research.

The scientists, many of them world leaders in their fields, braved the bright lights of the news conference to show support for the new fund, something they say is critical to keeping Ontario on the cutting edge of biomedical research.

"It's a sizeable investment and one that will really make a difference," said Janet Rossant, a senior scientist and chief of research at the Hospital for Sick Children. "It does signal that Ontario understands the importance of investing in research."

Wilkinson said his ministry is directing funds to an area in which Ontario is already considered a world leader in a bid to recruit and retain top talent. "We are not going to cede our leadership position," Wilkinson told reporters. "We've been gaining in this province for many years and we don't want to lose that."

The $100 million investment is to be distributed through a competitive, peer-reviewed process, with priority given to projects that are "collaborative, transformational and internationally significant."

TORSTAR NEWS SERVICE

Police expecting thousands of Tamils to descend on core for rally

PROTEST The police are expecting tens of thousands of Tamils to flood the downtown core beginning at noon. It will mark the third mass demonstration in recent months.

Last week, about a 1,000 Tamil protestors occupied University Avenue round the clock for five days, causing traffic and some transit disruptions. And in January, tens of thousands of demonstrators formed a massive human chain throughout the city centre.

But the phenomenon of the community is that there does not appear to be one group organizing the events. Everyone knows to show up.

TORSTAR NEWS SERVICE

News in brief

BAILOUTS It's time for Ontario to become more involved in its businesses and pick winners and losers to protect jobs, Economic Development Minister Michael Bryant said yesterday. "Government has to jump in and jump-start the economy," Bryant told a business audience. He acknowledged his plan would be balked at by some. THE CANADIAN PRESS

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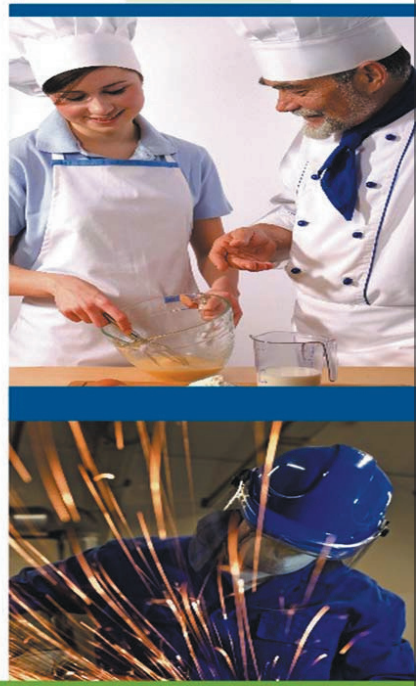
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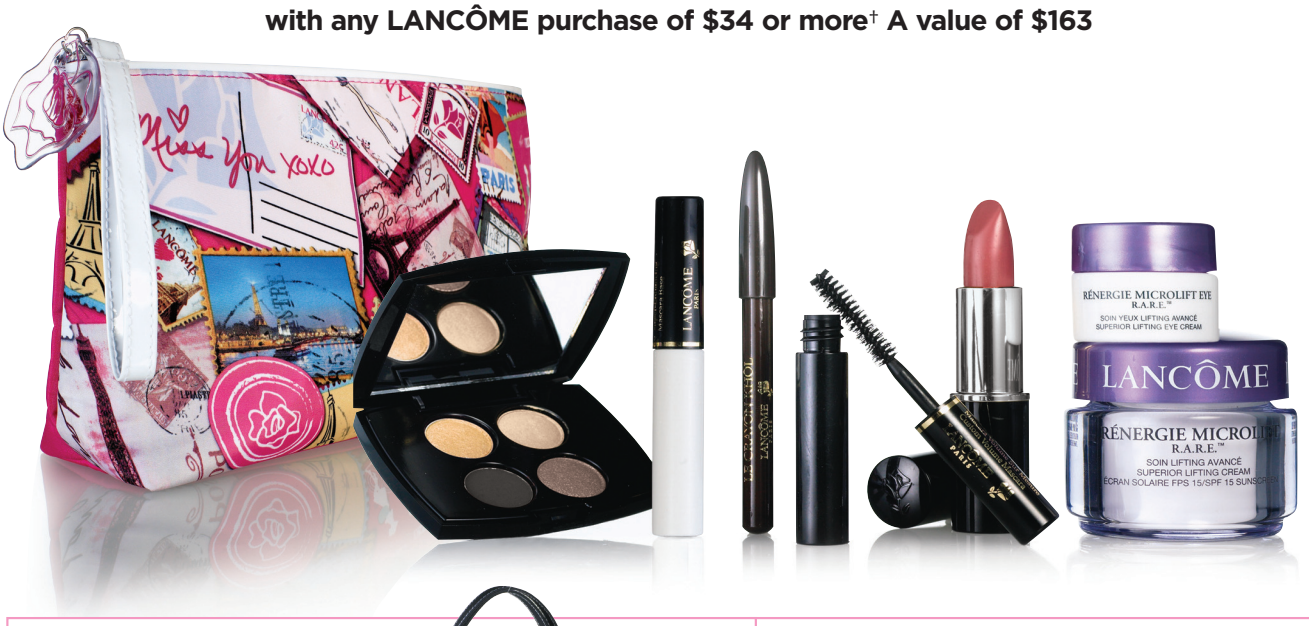

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[1]Patented or patent pending in France. [2]Activate skin's youthful look. [3]In vitro test on genes. [4]Clinical study on skin proteins, associated with young skin – France. [5]Based upon consumer evaluation in a clinical study, which also consists of expert evaluations.

BEAUTY *at the Bay*

Miller not if favour of selling ads on street repair trucks

Toronto potholes shouldn't be filled by selling corporate sponsorships, says Mayor David Miller. Miller said yesterday he's cool to a proposal floated in Winnipeg, where Mayor Sam Katz says he wants to sell corporate ads on pothole repair trucks. TORSTAR NEWS SERVICE

Order of vaccine shots could lessen pain: Study

HEALTH Giving infants their scheduled vaccinations in a particular order during a visit to the doctor appears to lessen the overall pain they feel from the inoculations, a study suggests.

Researchers at the Hospital for Sick Children say babies who are first given the combination vaccine for diphtheria, polio, tetanus, pertussis and Hemophilus influenza type b (DPTaP-Hib) — followed by the pneumococcal conjugate vaccine — seem to experience less discomfort than those immunized in the opposite order.

"Because some vaccines cause more pain than others, the order in which they are given may affect the overall pain experience," the authors write in today's issue of the Archives of Pediatrics & Adolescent Medicine.

Injections are the most painful common medical procedure conducted in childhood, say the researchers.

THE CANADIAN PRESS

5 arrested for $2.3M armoured car heist

Fancy cars, lavish vacations and expensive alcohol were some of the spoils allegedly enjoyed by five people from Toronto and Quebec who have been arrested for a multimillion-dollar armoured car heist in Richmond Hill.

The theft, which police are calling an inside job, happened Feb. 5 when two Garda armoured car guards stopped at an RBC branch to drop off and pick up money.

Police allege a Garda employee gave some of his relatives sensitive company information that allowed them to pull off the heist.

As two guards went into the bank, police say thieves were able to open the vehicle's doors and make off with about $2.3 million.

Officers from York Regional Police announced yesterday they worked with the Sûreté du Québec on the case for nearly three months before arresting five people last Wednesday.

Investigators also seized cash, cars, a boat, jewelry and expensive alcohol.

THE CANADIAN PRESS

JIM WEKS/TORSTAR NEWS SERVICE

York Region police Chief Armand La Barge, front, and Det.-Sgt. Jim MacSween show off champagne and high-end liquor police say was bought by thieves after an armoured car heist.

Change Richmond, Adelaide to 2-way streets: Councillor

ROUTE Is it time to convert one-way Richmond and Adelaide back to two-way streets?

Coun. Adam Vaughan thinks so, at least for the stretch in his ward from University Avenue west to Bathurst Street.

Adam Vaughan

Don Valley Parkway motorists could still enjoy one-way travel on Richmond and Adelaide to get in and out of downtown, Vaughan said, acknowledging that changing that popular commuter route would "make a mess of things."

But he thinks going to two-way on the western portion would make life easier for condo dwellers moving into the neighbourhood, and encourage cafés and stores to open along the once-industrial avenues.

In support of his quest, he's handing out little buttons showing arrows pointing in both directions, with the words "two way."

TORSTAR NEWS SERVICE

News in brief

CRIME Police are searching for a thief who fled a Brampton sex shop with cash and an adult DVD. He approached a clerk at The Love Shop on Queen Street East around 10:30 p.m. Saturday, showed a black handgun in his waistband, demanded cash and then fled. The suspect is described as Asian, 35 to 40 years old, 5-foot-5 to 5-foot-7, with a stocky build, long black curly hair in a ponytail and light facial hair.

MOWERS They're dirty, noisy and smelly, say councillors wanting to ban two-stroke gas engines powering mowers and leaf blowers. Coun. Joe Mihevc said a two-stroker built in 2000 emits 26 times as much carbon monoxide as a car that old. But owners of large lots would be very unhappy to lose their mowers, he was warned.

TORSTAR NEWS SERVICE

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Walt Disney World

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One charge dropped against Brockton deputy mayor

A breach of trust charge has been withdrawn against the deputy mayor of Brockton, Ont., but allegations of theft from the liquor store he managed appear to be moving ahead in court. Roland Anstett, 52, the manager of the LCBO in Walkerton, was charged last month. THE CANADIAN PRESS

Canada

Join Cultural Olympiad

The organizing committee for the 2010 Olympics is inviting Canadians to share photos and words about their daily lives through an online digital scrapbook. It's part of the Cultural Olympiad — a three-year series of cultural and arts festivals and digital programs. For more, see www.vancouver2010.com/code.

THE CANADIAN PRESS

Severe flu case reported

Numbers continue to rise

An Alberta girl with no apparent link to Mexico is in hospital with Canada's first reported severe case of swine flu — a sign the nasty bug is now spreading here at home.

Public health officials acknowledged yesterday the H1N1 influenza is spreading beyond those who fell ill after travelling to Mexico and is infecting family and friends.

Federal officials reported 41 new cases yesterday, bringing the total to 140 across the country.

Virus spreads

- Ontario's number of swine flu cases has almost doubled to 31 as the virus spreads beyond the Greater Toronto Area. Most of the cases are reported to be mild.

Dr. David Butler-Jones, the chief public health officer, said news of the more severe case "although disconcerting, is not surprising and does not change our course of action."

Dr. Andre Corriveau, Alberta's chief medical officer of health, declined to give the girl's age or provide specific information about symptoms. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Ottawa Mayor Larry O'Brien makes his way from the Ottawa courthouse yesterday with his wife, Colleen McBride.

Instant news allowed at trial

Sensitive cabinet confidences of Prime Minister Stephen Harper's Tory government could "inadvertently" be exposed during the influence-peddling trial of Ottawa Mayor Larry O'Brien, the Crown said yesterday during legal haggling over media access.

Judge Douglas Cunningham, the associate chief justice of Ontario's Superior court, began the O'Brien trial by ruling TV cameras feeding live to the Internet would not be permitted in his courtroom — but the public and media in attendance can live-blog the proceedings in real time.

THE CANADIAN PRESS

China quarantines Canadian tourists due to virus fears

HEALTH Foreign Affairs Minister Lawrence Cannon has asked Canadian consular officials to determine why Canadians have been quarantined in Chinese hotels due to flu fears.

Two separate groups of Canadians were isolated in hotels as China clamps down amid the spreading H1N1 virus.

A spokesman for the Department of Foreign Affairs said students were quarantined at a hotel in northern China while an unknown number of Canadian tourists were stuck at a hotel in Hong Kong.

Foreign Affairs officials are trying to get information from Chinese officials about the Canadians' status.

A Montreal professor suggests it was simply bad timing for the 29 students from the Université de Montreal who arrived in the city of Changchun Saturday with plans to brush up on their Mandarin.

THE CANADIAN PRESS

News in brief

APOLOGY Newfoundland and Labrador's largest health board apologized yesterday after a nurse mistakenly gave chemotherapy to a woman during scheduled treatment for a skin disease. Nancy Mojica-Fisher went to the Dr. G.B. Cross Memorial Hospital last Thursday for her fourth infusion of Remicade, a drug used for her psoriasis, but was given chemotherapy by accident. THE CANADIAN PRESS

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Residents of rural B.C. community can return home
Residents of a 700 Mile House, B.C., forced from their homes by a wildfire over the weekend, will be allowed to return. THE CANADIAN PRESS

Mulroney urged to go public: Adviser

A confidant of Brian Mulroney says he advised the former prime minister years ago to go public about business dealings with Karlheinz Schreiber — in the hope of controlling the public relations damage Mulroney would inevitably suffer.

ADRIAN WYLD/THE CANADIAN PRESS

Luc Lavoie returns to testify yesterday following a break at the Oliphant Commission in Ottawa.

Luc Lavoie told a public inquiry yesterday that he didn't learn until 2000 that Schreiber had hired Mulroney seven years earlier to help promote a project to build German-designed armoured military vehicles in Canada.

Lavoie described his reaction as "glacial" when he was belatedly informed of the business relationship by Gerald Tremblay, a lawyer for Mulroney.

For weeks afterward, Mulroney seemed "uncomfortable" whenever they spoke, Lavoie recalled. But the chill on their relations didn't prevent Lavoie from eventually offering some advice.

"I was convinced, because this kind of thing was my business, that it was going to become public," he said.

"PR 101 teaches that when something is going to become public, even if it's disastrous, and catastrophic and bad and negative ... you're always better to bring it out yourself."

The aim, he said, is to "be able to reduce the damage a little," rather than wait for the news to leak out in a less palatable fashion.

Lavoie said he suggested a newspaper op-ed piece as a potential vehicle, with the article to be signed either by him or by Mulroney himself.

The former prime minister seemed interested in the idea, he said, but didn't act on it.

Instead, the story remained under wraps for another three years, until author Williams Kaplan finally reported it in a newspaper article in late 2003.

Kaplan has previously testified that, in a series of conversations with him, Mulroney did everything he could to persuade him not to publish the story — which now lies at the heart of the inquiry headed by Justice Jeffrey Oliphant.

THE CANADIAN PRESS

Ignatieff demands changes to EI

OTTAWA Liberal Leader Michael Ignatieff is demanding to see changes to the employment insurance system by the time the House of Commons adjourns for the summer in June.

Following the Liberals' national convention, Ignatieff suggested EI could be the issue that triggers another federal election.

He says there is a patchwork of entrance requirements across the country and called on Prime Minister Stephen Harper to commit to a national standard of 360 hours as a threshold for collecting benefits. THE CANADIAN PRESS

News in brief

BORDER An American citizen faces 15 charges after a vehicle with weapons, ammunition and fuel containers ran the Manitoba-U.S. border.

THE CANADIAN PRESS

N.S. government falls, premier to request election for June 9

VOTE Nova Scotia Premier Rodney MacDonald will ask the lieutenant-governor to hold a provincial election — likely on June 9 — after his minority government was defeated yesterday on a financial bill.

MacDonald says he will meet with Lt.-Gov. Mayann Francis today to discuss the fate of his government, but he expects an election to be held on June 9.

The Conservative government lost the vote yesterday on a bill that would have allowed it to miss legally required debt payments, which it considered a matter of confidence.

The government had introduced its 2009-10 budget earlier yesterday, but it will die with a provincial election call.

The government wanted to change the Provincial Finance Act to allow it to spend a surplus it had in the 2008-09 fiscal year on programs and services, rather than on the provincial debt.

NDP Leader Darrell Dexter and Liberal Leader Stephen McNeil said they also expect the election to begin today.

Voters last went to the polls in Nova Scotia in June 2006, when the Conservatives won a slim minority government.

The election could be a classic contest of hope versus fear as the Conservatives have already run ads demonizing the Opposition NDP as a risky, unproven alternative.

THE CANADIAN PRESS

21 The Conservatives have 21 seats in the 52-seat legislature. The NDP has 20 and the Liberals nine. One seat is held by an Independent and one seat is vacant.

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Veteran broadcaster retiring

Don Newman, a mainstay of political reporting at CBC Newsworld, is retiring. The 68-year-old host of the show Politics, which airs weekdays, has accepted a retirement package. Newman will stay with the show until its season ends in June. THE CANADIAN PRESS

News in brief

WOODSTOCK Police investigating the disappearance of eight-year-old Victoria Stafford are hoping to identify the driver of a vehicle who may have witnessed the abduction. Police say they're eager to speak to the driver, who passed by the abduction scene moments after the little girl vanished April 8. Surveillance video captured a glimpse of the passing "vehicle of interest," which is described as dark-coloured and small to mid-sized. A $50,000 reward has been offered. THE CANADIAN PRESS

Meteorites set record

The brilliant fireball that lit up the sky over Alberta and Saskatchewan last fall has set a Canadian record for the number of meteorites recovered from a single fall.

A University of Calgary scientist leading a search for the space fragments says more than 1,000 have been discovered in fields near Lloydminster on the Alberta-Saskatchewan boundary.

Alan Hildebrand adds thousands more remain to be recovered now that snow has melted and the search has resumed.

1,000

The number of space fragments discovered on the Alberta-Saskatchewan border after a meteor shower last fall.

The previous record of 700 pieces was set after a meteor hit the ground in central Alberta in 1960.

Hildebrand says searchers are finding dozens of meteorites a day.

So far more than 400 pieces have been found and hundreds more have been discovered by area residents and searchers not attached to the University of Calgary's effort. THE CANADIAN PRESS

ANDREW VAUGHAN/THE CANADIAN PRESS

Isabelle Hains stands outside the court house in Bathurst, N.B., yesterday for the inquest into the van crash that took the lives of seven high school basketball players and a teacher 16 months ago. Hains' son Daniel was killed in the crash last January.

Inquest into fatal van crash starts with driver testimony

The driver of a van full of high school kids involved in a horrible crash with a truck told an inquest yesterday the weather was miserable on the day of the fatal collision in northern New Brunswick.

Seven members of the Bathurst High basketball team and the coach's wife were killed Jan. 12, 2008, on a slushy highway.

In his first public comment since the accident, Wayne Lord, the coach and driver of the van, told the coroner's inquest visibility was good, but it had been snowing and raining that day.

But Lord — who spoke calmly with no show of emotion — said he couldn't see the centre line.

Lord added that there was no thought of delaying travel that day.

The coach also said he did perform a brief, pre-trip inspection, and always filled out the log book in the van — noting any need for repairs. He said he was never given instruction on how to load the van, and was never offered a driver's skills course. THE CANADIAN PRESS

Parents questioned on baby name

NAME Quebec's civil registrar wants a Montreal couple to explain why they want to give their baby boy the middle name "Avalanche."

Marie Godbout, from the registrar, says it rejects uncommon names it feels will cause kids to be ridiculed and parents can appeal the decision. THE CANADIAN PRESS

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Ontario man wanted in N.L. beating
The RCMP in Newfoundland is seeking a warrant to arrest 22-year-old Dominic Dalla Nora, of Kitchener, on aggravated assault charges. Nora is accused of beating another man so badly he had to be airlifted to Newfoundland's largest hospital in St. John's. THE CANADIAN PRESS

Younger, dumber, whiter: Parliament

The latest crop of MPs is less educated, less experienced and more white, a new study concludes.

The report by the Public Policy Forum says almost one-quarter of MPs were newly elected in October and two-thirds have less than five years experience.

Just three per cent of MPs have more than 15 years under their belts, and most of them are Liberals.

The study also found that ethnic diversity and the number of foreign-born MPs decreased slightly after the last campaign when more Conservatives were elected.

About two-thirds of MPs have university degrees — far fewer than in the U.S., where 93 per cent of representatives have at least one degree.

Wealth may have something to do with it: It costs almost $800,000 to run for a House seat in the U.S., compared to about $62,000 in Canada.

Successive minority governments in Ottawa since 2004 have contributed to the high turnover and influx of fresh political blood, especially from the now governing Conservatives.

Most MPs now hail from business backgrounds — not the stereotypical lawyer-turned-politician scenario, says the study. THE CANADIAN PRESS

The downside

- The House's revolving door can create "partisan acrimony and ... distrust" as less-experienced MPs who know only minority dynamics struggle to get along, says Public Policy Forum president David Mitchell.

Alleged killer mom fit to stand trial

TRIAL A Quebec mother has been deemed fit to stand trial on two counts of first-degree murder in the slayings of her two daughters.

Adele Sorella was not in court yesterday when a psychiatrist who examined her determined she understood the nature of the court proceedings she's facing.

Adele Sorella

Her eight-year-old daughter Sabrina De Vito and nine-year-old daughter Amanda De Vito were found dead in the family's luxury home north of Montreal last March.

Laval police arrested Sorella, 43, after she crashed her SUV into a utility pole a few kilometres from the house.

The girls' father, Giuseppe De Vito, disappeared in 2006 after the RCMP issued a warrant for his arrest on drug charges as part of what they called a crackdown on organized crime.

Police have said relatives were concerned that Sorella was suffering from depression.

Sorella remains in custody and returns to court Aug. 18. THE CANADIAN PRESS

Testimony put off at Taser probe

INQUIRY Testimony from Supt. Wayne Rideout — chief of the unit that investigated the death of Robert Dziekanski — has been delayed at the inquiry into Dziekanski's death.

Rideout's testimony was delayed until tomorrow, after he showed up with previously unseen notes about the controversial case and said there were also undisclosed emails.

Lawyers at the inquiry say they need time to study the new information before questioning Rideout. THE CANADIAN PRESS

News in brief

LEGAL Lawyers for four environmental groups are in a B.C. Federal Court to take on the Fisheries Department. The group alleges the department illegally colluded with provincial and federal governments to refuse to identify the essential habitat of the endangered Nooksack dace in B.C.'s Fraser Valley. THE CANADIAN PRESS

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Craigslist suspect charged with another assault

A medical student accused in Boston of killing a masseuse he met on Craigslist has been charged in Rhode Island with assaulting a stripper in a hotel. An arrest warrant issued yesterday accuses Philip Markoff, 23, of assault and weapons violations. THE ASSOCIATED PRESS

World

Watch for flu in pigs, UN urges

The United Nations is calling on countries to closely monitor pigs for swine flu after pigs in Canada were infected with the H1N1 virus. The Food and Agriculture Organization says pigs and farmers should restrict their movements if the animals show signs of respiratory illness. The Rome-based FAO stressed there is no need to kill pigs and the virus cannot be transmitted to humans by eating pork or pork products. THE ASSOCIATED PRESS

Nepal PM quits after firing clash

ARMY Nepal's Prime Minister Pushpa Kamal Dahal, a former Maoist rebel leader, resigned yesterday following a confrontation with the president over the dismissal of the army chief Sunday — a move that had prompted several key parties to quit the first elected government.

THE ASSOCIATED PRESS

Karzai dumps hero's brother

AFGHANISTAN President Hamid Karzai registered as a candidate for the August presidential election yesterday and selected Mohammad Qasim Fahim, a powerful warlord as his vice-presidential running mate — kicking Ahmad Zia Massood, brother of resistance hero Ahmad Shah Massood, off the ticket.

THE ASSOCIATED PRESS

Thailand **Flagging violence**

AP/CHAT WEERAWONG/THE ASSOCIATED PRESS

Dressed in national flag colours yesterday, a Thai man joins a rally urging political rival groups to compromise outside a park in Bangkok. The group of academics, social and youth activists urged political groups to stop using violence after more than two years of the street protests in Thailand.

News in brief

PROBE A Spanish judge said yesterday he will continue to investigate seven Israeli officials over an air force bombing in Gaza in 2002 that killed a suspected Hamas militant and 14 civilians. Judge Fernando Andreu rejected a request to suspend the inquiry, saying he has found no evidence that Israel is investigating the attack.

THE ASSOCIATED PRESS

Mexico says flu ebbing

Mexican officials lowered their flu alert level in the capital yesterday and said they will allow cafés, museums and libraries to reopen this week.

Global health experts, however, said it was too early for countries to lower their guard, but there were no imminent plans to raise the pandemic alert level to Phase 6, the highest.

Though Mexican authorities believe the outbreak may have peaked there, WHO maintains it is still too early to tell.

In China, 71 Mexicans have been quarantined in hospitals and hotels, Foreign Secretary Patricia Espinoza said. Arriving Mexicans were taken into isolation, said Mexico's ambassador. Even the Mexican consul in Guangzhou was briefly held after returning from Cambodia.

In Hong Kong, 350 people have been isolated in a hotel after a Mexican traveller there was determined to have swine flu.

Mexican President Felipe Calderon sent a chartered plane to China to pick up citizens wanting to return home. THE ASSOCIATED PRESS

Pandemics 101

- WHO uses the term pandemic to refer to geographic spread rather than severity.
- Pandemics aren't necessarily deadly. The 1957 and 1968 pandemics were mild.

Italian PM moves to salvage pride

DIVORCE A peeved Italian Premier Silvio Berlusconi has demanded a public apology from his wife, Veronica Lario, a 52-year-old former actress, who announced she was seeking a divorce from the billionaire media magnate because she was fed up with his roving eye for younger women.

Berlusconi

Going on the counterattack, the 72-year-old, perma-tanned premier, who has had hair transplants and plastic surgery around the eyes, appeared more intent on saving his pride than his marriage.

THE ASSOCIATED PRESS

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S.Koreans save North's vessel from pirates

PIRACY South Korean snipers hovering in a navy helicopter chased away pirates pursuing a North Korean freighter yesterday in a rare instance of recent co-operation between the two Koreas.

South Korea's joint chiefs of staff said the 4,500-tonne-class warship sent a Lynx helicopter to assist the North Korean vessel shortly after receiving a distress call that it was being chased by the pirate ship.

The pirate vessel gave up chasing the North Korean vessel and sped away after snipers aboard the helicopter prepared to fire warning shots, the South Korean statement said.

The incident took place 37 kilometres south of the Yemeni port of Aden, according to the South Korean military. The South Korean helicopter later guided the North Korean ship to a safer area, and the ship later sent a thank you message to the South Korean vessel several times, the statement said.

THE ASSOCIATED PRESS

2 held for alleged sabotage attempt

INDIA Mumbai police have arrested two employees of the company that maintained the helicopter of Indian billionaire industrialist Anil Ambani, for allegedly planting pebbles and soil in the gear box on April 23. The case took a dark twist last week when the technician who discovered the sabotage turned up dead on railway tracks after he was apparently hit by a train. Police ruled the death a suicide.

THE ASSOCIATED PRESS

News in brief

FLORIDA A 13-year-old boy dodged bullets to escape his family's slaughter at the hands of his father, who then took his own life on their front lawn, authorities said. Investigators said Troy Bellar, 34, shot and killed his wife, and two young sons in Lakeland, Fla., between Tampa and Orlando.

TURKEY Masked assailants with grenades and automatic weapons attacked a wedding ceremony in southeast Turkey yesterday, killing 45 people and wounding 20 others. Two girls survived after the bodies of slain friends fell on top of them during the onslaught.

THE ASSOCIATED PRESS

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Comment & Views

Comment

The new kings of pork?

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Back in the days of Jean Chrétien, conservatives had your proverbial field day cutting up the Liberals for the way grant money was distributed.

They would, quite correctly, point to large percentages of the funding going to Liberal-held ridings while very little went to the constituencies of opposition members. Very interesting, they said — and what a sham! The Grits were feathering the nests of their own supporters. Chrétien, said Alliance MP Jason Kenney, was "the king of pork."

The Conservatives vowed, of course, that, once in power, they would never do that kind of thing.

But now we have some news. It's been revealed that in regard to a $45-million program for disabled Canadians, Conservatives shovelled no less than 94 per cent of the funding to Conservative-held ridings. The other three parties, the Liberals, the NDP and the Bloc Québécois, divvied up the remaining six per cent.

The figures were released by Liberal MP Michael Savage, who examined the program, which is called the Enabling Accessibility Fund. What's going on is "pretty blatant," he said.

Human Resources Minister Diane Finley denied there was any favouritism involved in the process. "The awards are based on applications and the quality of those applications." In other words, she was suggesting it was just a coincidence that almost all the handicapped people in need just happened to be in Tory-held ridings.

Yes, Finley — and Elvis Presley is not only still alive, he's giving a concert in Moose Jaw tomorrow night.

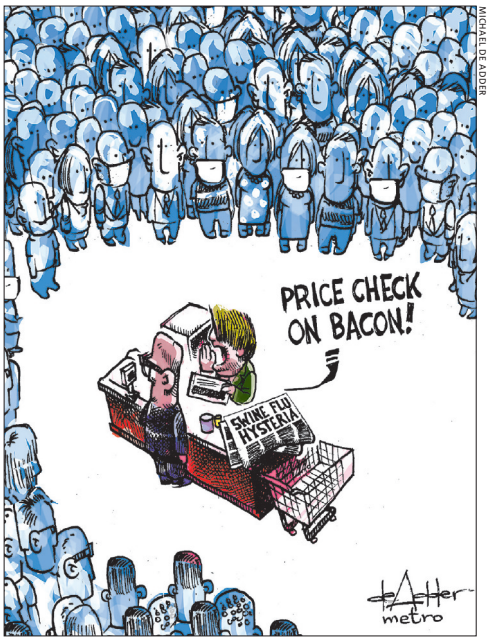
Given how bitterly partisan the Harper government has shown itself to be, no one should be surprised that this kind of thing is going on. The question is the extent of it. If it is so rampant in respect to one program, in how many others is it going on as well? If the Opposition can prove it is widespread, we may have new kings of pork.

The Liberals have difficulty scoring points on such issues. Given their record on the sponsorship scandal and Shawinigate they get beaned any time they complain about anyone else. Indeed, Finley remarked last week how rich it was of them to raise it.

But that shouldn't stop them — and the other opposition parties should be all over it. The Finley analysis would appear to suggest that if another government did it, so can we. But, of course, one of the reasons the Conservatives were elected was to clean up the previous government's act.

Judging by this file and several others dealing with clean government — secrecy, one-man rule, patronage, the Cadman affair, the in-and-out controversy, etc. — they have failed the test.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Youth depression can be beat, if treated

David Venn

Dr. Stan Kutcher

Melissa was in my office crying. At 18 years old, she had just returned from college feeling like a failure. Her interest in her friends and school had declined, and she had spent much of the last month in her room, avoiding classes and drinking. In addition, she was sleeping poorly and was not eating very much.

During our chat, she confessed that she felt her life was not worth living, and had thought about ending it with a fistful of pills. She didn't think anything could help her feel better and would roll her eyes when I'd suggest something. Melissa was young, smart, attractive, considerate, thoughtful and depressed.

Depression is a mental disorder affecting about eight per cent of Canadian youth, usually starting between the years of 14 and 25. Depression is a serious illness that may negatively affect intimate relationships, academic and vocational success, and family relationships. Frequently, it's a lifelong problem — more than 70 per cent of teenagers who experience an episode of depression will have another episode within five years.

Stigma

• Because of the stigma attached to having a mental illness, some teens may choose to suffer in silence.

Depression can be successfully treated. However, many young people with depression do not get the help they need. It may be confused with "normal teenage behaviour," so instead of receiving help, the teen is ignored or criticized.

Fast-forward five months. Melissa bounced into my office. She didn't want to stay long because she was heading out with her friends. She laughed at one of her own jokes and teased me about my messy desk. Her mood was cheerful, and she was limiting her drinking to only a few beers on the weekends. She was sleeping better, working hard, and was spending her evenings out with friends or at dance class. She was planning to go back to university in the fall and wanted to study psychology to learn more about depression.

Melissa's story represents hope for young people living with depression. We know what depression is and how it can be helped.

It's time to stop stigmatizing people who have a brain disorder called depression and to encourage them to seek the treatment that can help. It's time to make sure the care that is needed is easily available. It's time Melissa's story is the norm, not the exception.

David Venn is a project co-ordinator on the Sun Life Financial Adolescent Mental Health Knowledge Translation Team. Dr. Stan Kutcher is the Sun Life Financial Chair in Adolescent Mental Health at Dalhousie University in Halifax, N.S.

Letters

This is what's with all the doom and gloom

Re: This ain't Flint — doom, gloom be damned (April 30)

Clearly Scott Broderick is not a recent graduate with thousands of dollars in student loans who can't get a job because of the extremely high levels of experienced workers who, having lost their jobs, are now applying for what were once "break-in" or "starter" positions.

He also obviously doesn't work for a manufacturing company, which have laid off hundreds of thousands of employees. Nor does he have a mortgage, car payments, insurance payments, children in university or college, only to be told both his wife and him have lost their jobs, need to sell their home and car and no longer have extended benefits.

What's with all the doom and gloom?, he asks. Perhaps, despite the overall picture, which only benefits those who still have an income, are debt-free and didn't invest in any stocks that have tanked, he should try narrowing his focus to individual struggles instead of trivializing the heartaches and woes of millions of Canadians, Americans and many others around the world.

ASHLEY GOODER, TORONTO

Sewell hits the nail square on the head

Re: Toronto has changed a lot in 30 years (May 1)

The article written by John Sewell was so true.

Toronto council meetings are televised and last Thursday's attendance seemed sparse. Does this explain why unimaginative and self-serving decisions are brushed through?

There certainly does seem to be a disconnect and lack of communication between city council and what the residents envision Toronto can be.

MICHELLE DOOLEY, TORONTO

Metro Online Poll Results

63% SAID YES

Should cities accept corporate sponsorship to offset infrastructure costs?

38% SAID NO

Weigh in on today's question at metronews.ca

It's your turn to tell others what you think. Email your thoughts and opinions to: torontoletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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AbitibiBowater union wins court fight
Unionized employees at AbitibiBowater union have won court approval to preserve early retirement rights covered by the workers' labour contracts. The judge ruled that efforts to unilaterally amend the collective agreement was illegal. THE CANADIAN PRESS

Business

DOLLAR		OIL	TSX
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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

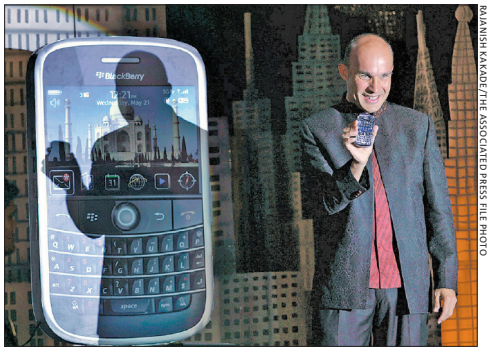
RIM pushes new apps

BlackBerry maker hopes to lure more consumers

BlackBerry maker Research In Motion is looking to consumers for even more growth with real-time content like news and hockey scores delivered as seamlessly and quickly as email as it continues to compete with Apple's iPhone.

RIM announced yesterday that its "push" technology was being made available to developers to produce applications that send data such as weather, stocks, music, banking services or health information directly into a user's BlackBerry for one-click access.

Among the early examples is a hockey news application that will send score updates, news headlines and statistics craved by NHL fans and a music store that sends music automatically to the BlackBerry.


RAJANISH KAKADE/THE ASSOCIATED PRESS FILE PHOTO

Research In Motion co-CEO Jim Balsillie said recently the BlackBerry Curve was the No. 1 phone in the United States for the 2008 holiday season with the iPhone at No. 2.

RIM issued a number of announcements yesterday, detailing an alliance with Hewlett-Packard that will offer an expanded set of applications and services such as HP CloudPrint, enabling users to print emails, documents, photos and web pages from a BlackBerry to the nearest printer. THE CANADIAN PRESS

In brief

WEST 49 American extreme-sports retailer Adrenalina is proposing to take over West 49 Inc. for 55 cents per share, valuing it at $35 million.

CHRYSLER A bankruptcy judge postponed his decision today on whether Chrysler can start transferring its assets to a new entity partnered with Fiat. METRO NEWS SERVICES

Air Canada, union butt heads over workers' pension plans

PENSIONS Air Canada appeared headed for a showdown over its underfunded pension plans yesterday, with the airline asking for a moratorium on payments to its plans and the Canadian Auto Workers saying it must be forced to fully fund its pensions.

The CAW, which represents 4,500 ticket counter agents and call centre employees, said the airline's total pension deficit almost tripled in 2008, to $3.2 billion on Dec. 31, from $1.2 billion at the beginning of the year. THE CANADIAN PRESS

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METRO NEWS SERVICES

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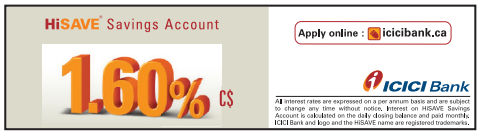
Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



R-E-S-P-E-C-T spells rich

Treat your wallet well and it will do the same for you

SmartCookies

metronews.ca/smartcookies

Smart Cookies believe that just like any other healthy relationship, your relationship with money needs to involve an element of respect and kindness.

Improving your "wealth health" as we like to call it, can be done in a few easy steps:

• Ask yourself, what does my wallet say about me? Is your cash organized in a wallet or purse? Or are coins and bills crumpled and shoved away in a ragged old handbag? If you are serious about attracting more money into your life, you need to first treat the money you have with the respect and value it deserves.

• Make a list of how you are both respectful and disrespectful towards your money. Do you spend money on others when you can't afford it? Do you wash your clothes, when they are still clean and could be worn a second time? Do you wait until the last minute and send a package with express delivery, when it could be sent regular mail, with just a little bit of planning? We are willing to bet that in the instances in which you have respected your money, pleasurable things have happened, while in the other instances, you have experienced unhappy consequences.

• Be positive about money. Being a Smart Cookie is not about doom and deprivation. Rather it is about focusing on the positives and attracting more money into your life. If you grew up believing that money was evil, that you needed to hoard your money, or that to want to make money is selfish, you likely still allow these beliefs to control you and the way you approach life.

We base our human relationships on respect and kindness. But have your sized up your relationship with your finances?

If you catch yourself talking about what you don't have, stop yourself. Instead, shift your thinking. Start focusing on what you really want and how it will feel once you have it. And of course, be grateful for what you already have.

• Pay yourself first. We've all heard this before, but are we actually doing it? Respect yourself and what your money can do for you in helping you reach your goals. Even if you can only afford $25 each month, make sure that that money is automatically transferred off the top each month into your dream fund.

• Respect your stuff. Although material items are just that, you need to respect them, and the amount of money you spend on acquiring them. Think of all the money you could have, if you stopped spending money on replacing things.

For more on figuring out what you really want out of life, go to our website, smartcookies.com, and complete the "Perfect Day" exercise. If you have comments or questions, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Allan Small discusses how important it is to diversify. Visit metronews.ca/investing

Term life insurance

A term life insurance policy can be purchased for a specific period of time — either 10 or 20 years and even longer. Term insurance can be both cost-effective and easy to understand with premium payments that stay the same for the term of the policy. Visit rbcinsurance.com/lifeinsurance for more. NEWS CANADA

MoneyMatters

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-489-7800, ext. 227.

Even without a recession, your family should have a backup plan

Q Two months ago, my husband's company reduced his work-week to four days. Last week, the company put all employees on two days of work per week. Now we cannot meet our financial obligations.

What can we do?

— Olivia

A To quote a certain popular figure south of our borders: "It will get worse before it gets better." With many financial institutions awash in red ink, it's not surprising that other industries will follow. This past weekend made history, as Chrysler sought bankruptcy protection and filed for Chapter 11. The ripple effect will be felt in Canada, with many sectors directly and indirectly related to the auto industry.

Part of a family's budget should have some contingency plan in place, in the event of circumstances such as yours. Under normal circumstances, the possibility of a partner's job loss should be considered. In our economy, it is much more of a reality.

Your husband should consider other employment, full-time and part-time. Seek other family support, if they are able. Cut all expenses that are not a necessity.

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Mine That Bird will bid for second leg of Triple Crown

Mine That Bird is headed to the Preakness. The trainer of the former Canadian two-year-old male champion who won the Kentucky Derby at 50-1 odds said his horse will run in the May 16 second leg of the Triple Crown. METRO NEWS SERVICES

Sports

"We all know who the real No. 1 is ... Quite frankly, I'm the best in the world."

Serena Williams at the Italian Open yesterday, on being overtaken in the WTA rankings two weeks ago by Dinara Safina. The Russian Safina, who holds the No. 1 ranking despite never winning a Grand Slam title, says her position is well-deserved. "Last year I won four titles," she said. "So I think I belong to this, because this doesn't come out of the sky." METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Ovechkin, Crosby each net 3

Stanley Cup
2009 **Playoffs**

Alex Ovechkin got his first playoff hat trick. So did Sidney Crosby, but his third one was too little, too late for the Pittsburgh Penguins.

Ovechkin broke open a tie game with a pair of goals less than three minutes apart in the third period last night, leading the Washington Capitals to a 4-3 victory over the Penguins and a 2-0 series lead in the Eastern Conference semifinals.

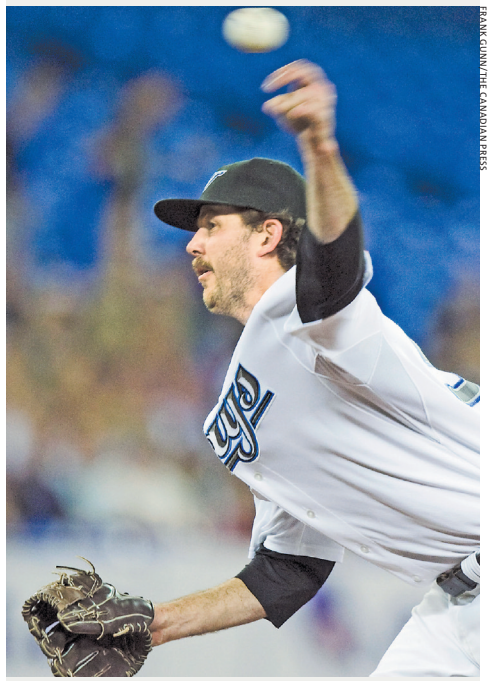
Ovechkin followed a one-timer from the left circle on a power play with 7:07 to play with a slapshot from between the circles with 4:38 remaining. Both times he celebrated by launching his body into the glass, the second time as hats flooded the Verizon Center rink.

Crosby did all the scoring for the Penguins to claim the NHL's post-season lead with eight goals, but it was Ovechkin who had the winning hand in the matchup of the league's marquee rivals with his fifth, sixth and seventh. Game 3 is tomorrow night in Pittsburgh. THE ASSOCIATED PRESS

NICK WASS/THE ASSOCIATED PRESS

Alex Ovechkin celebrates his third goal last night, his first career playoff hat trick.

Blue Jays **Can't hold lead**



FRANK GUNN/THE CANADIAN PRESS

Blue Jays starter Brian Tallet pitches to the Indians last night. Tallet had a no-hitter through six innings before surrendering a game-tying, two-run home run. Brandon League then coughed up another Jays lead in the ninth to send the game into extra innings. For a game recap, visit www.metronews.ca/sports.

A-Rod may return to Yanks Friday

MLB Alex Rodriguez hit a long homer, played seven innings in the field and drew a walk off Philadelphia's J.C. Romero yesterday in his latest extended spring training game.

The Yankees third baseman did not take questions after the game, which was played on the same day a book, A-Rod: The Many Lives of Alex Rodriguez, was released.

Yankees manager Joe Girardi said it was possible Rodriguez could rejoin the team Friday, when New York starts a trip in Baltimore.

"I can't tell you," Girardi said in New York. "So much of it just depends on how he feels." THE ASSOCIATED PRESS

Sports in brief

NHL Markus Naslund has decided to retire. The five-time all-star made the announcement yesterday, ending his 15-year career. The 35-year-old forward spent more than 11 seasons with Vancouver after starting his career in Pittsburgh.

NFL Dallas Cowboys' special teams coach Joe DeCamillis was set for surgery yesterday on a fractured vertebrae after the team's tent-like practice facility collapsed in fierce wind Saturday. The most seriously injured was Rich Behm, a scouting assistant who was paralyzed from the waist down.

RACING Canadian Alex Tagliani will drive his first-ever Indy 500 May 24 in Conquest Racing's No. 34 car. THE CANADIAN PRESS

SCOREBOARD

NHL

YESTERDAY'S RESULT
Washington 4 Pittsburgh 3

TONIGHT'S GAMES
Vancouver at Chicago
Detroit at Anaheim

NBA

YESTERDAY'S RESULTS
Orlando 95 Boston 90
Houston at L.A. Lakers

TONIGHT'S GAMES
Atlanta at Cleveland
Dallas at Denver

MLB

AMERICAN LEAGUE
EAST DIVISION
(Not including all of last night's games)

	W	L	Pct	GB
TORONTO	18	9	.667	-
Boston	15	10	.600	2
New York	13	11	.542	3.5
Tampa Bay	11	16	.407	7
Baltimore	10	16	.385	7.5

YESTERDAY'S AL RESULTS
Baltimore 8 Tampa Bay 4
Minnesota 7 Detroit 2
Boston at N.Y. Yankees
Cleveland at Toronto
Chicago White Sox at Kansas City
L.A. Angels at Oakland
Texas at Seattle

YESTERDAY'S NL RESULTS
Milwaukee 7 Pittsburgh 4
N.Y. Mets 6 Atlanta 4
Washington 9 Houston 4
Cincinnati at Florida
San Francisco at Chicago Cubs
Philadelphia at St. Louis
Colorado at San Diego
Arizona at L.A. Dodgers

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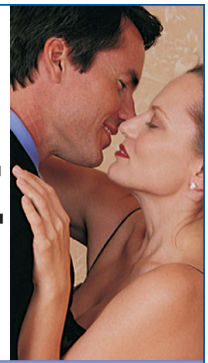

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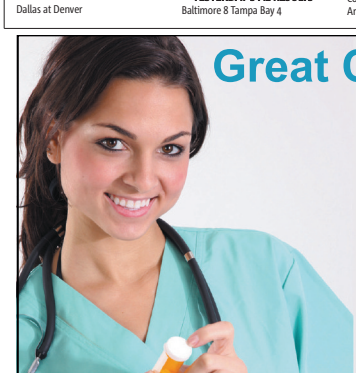

Mexican player suspended for swine flu inference

Mexican soccer player Hector Reynoso has been suspended from the Copa Libertadores for pretending to cough and spit in an opponent's face, gestures interpreted as threatening to spread swine flu. METRO NEWS SERVICES

Another coronation for King James

Unstoppable at both ends of the floor this season, LeBron James claimed the league MVP yesterday, receiving the award in the high school gym where he first emerged on the national scene.

"This is a place where all my dreams started and where I thought they could become real," James said in accepting the award at St. Vincent-St. Mary High School in Akron, Ohio. "There's really not a better place."

The Cleveland Cavaliers star won what some expected to be a close vote in a slam dunk.

He received 109 of a possible 121 first-place votes to easily outdistance Kobe Bryant of the Los Angeles Lakers. James totalled 1,172 points in balloting by media members in the U.S. and Canada. Bryant, last year's winner, got two first-place votes and finished with 698 points.

Miami guard Dwyane Wade was third with 680 points and was named first on seven ballots. Orlando centre Dwight Howard (328) was fourth followed by New Orleans guard Chris Paul (192).

James is the first Cavaliers player to win the award. He averaged 28.4 points, 7.6 rebounds and 7.2 assists this season, his sixth as a pro. He also finished second in voting for defensive player of the year, making him perhaps the league's most dominant two-way player since Michael Jordan.

James credited his teammates, who along with coach Mike Brown were present to see him accept the award, for raising their games in the Cavaliers' best season ever.

"Individual accolades come when team success happens," James said. "You look at those 14 guys over there, I got the award because of them. They put in the work."

At 24 years, 106 days on the final day of the regular season, James is the youngest player to win the award since Moses Malone (24 years, 16 days) in 1978-79. Wes Unseld was 23 when he won it in 1968-69.

THE ASSOCIATED PRESS

NBA playoffs **Magic blow by Celtics**

CHARLES KRUPA/THE ASSOCIATED PRESS

Boston's Rajon Rondo tries to defend Magic guard Rafer Alston last night. Orlando won 95-90 to take a 1-0 series lead in the Eastern Conference semifinal. For a recap of Game 1 of the Rockets/Lakers series, visit www.metronews.ca/sports.

Canada ends round robin with SO loss

WHC RESULT

Finland 4, Canada 3 (SO)

IIHF Canada has its first defeat of the IIHF World Hockey Championship.

While yesterday's 4-3 shootout loss to Finland didn't affect Canada's position in the standings, it did show just how tough the road to gold will be. Hannes Hyvonen scored the shootout winner as both teams wrapped up the round robin. His goal came in the seventh round of a shootout that saw Canada's Martin St. Louis and Finland's Jarkko Ruutu each score twice.

Canada still clinched first in its pool with the point it earned for the loss in extra time and will face Latvia in the quarter-finals Thursday.

THE CANADIAN PRESS

For more sports coverage visit: metronews.ca

Metro Workology exclusive: Paws and Claws
Be sure to read Workology and Metronews.ca/work for our pet industry feature series Paws and Claws. Seen here is Tootsie the bird, submitted by a loyal Metro reader.

Workology

Optional evolution

Under proposed legislation in Alberta, provincial schools would be required to notify parents in advance about subject matter dealing explicitly with evolution, sexuality, or sexual orientation, and parents would be given the authority to exclude their children from classes if such topics come up. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Cleaning up our furry friends

When people try to groom animals, the animals aren't always happy about it

JON TATTRIE
for Metro Canada

Claws, teeth and sharp tools make pet grooming a perilous business. Those who come expecting to play with puppies and kittens soon burn out, leaving a hardy few who love and understand animals.

Jennifer Lowery opened Toronto's Dog Days Grooming Salon in 2005.

"I always wanted to work with animals, but I didn't necessarily want to be a groomer," she says, adding with a laugh, "I do want to be one now!"

Grooming up to 16 dogs a day is hard, hectic and dangerous work. Some pups "object strongly when we have to do their ears and nails and brush their faces. It can be dangerous for both us and the dogs."

Unruly dogs may need tranquilizers or even a full anesthetics before work can begin. "Those days are like extreme grooming," Lowery laughs. "A lot of people don't realize how hard the work is. I rarely go home without bleeding in some part of me."

Lifting heavy dogs and working with difficult ones takes its toll and requires a stable, patient personality, and a high pain threshold. "I find moms are really good," she says, crediting their previous experience in getting unhappy creatures into bathtubs.

Lisa Brookes is a cat whisperer. She and her husband live with 29 of them and she operates The Divine Feline, a cat-grooming service in Halifax.

Cats naturally self-groom, but they need help. "The long-haired, thick-coated cats — that's not a natural situation. We've bred them that way, so they're not naturally equipped with the tools to groom themselves," Brookes explains. That can lead to matted or greasy fur and dandruff.

Brookes even offers the occasional stylish cut. "The most popular is the lion cut, where the cat's hair is all removed, other than the head and a pom-pom on the end of the tail," she explains. "Cats like the result, but they don't always like the process."

The basics of grooming are easy to learn; the trick is learning about cats.

"You can't force a cat into anything. You need to negotiate with them," she says.

Brookes never sedates cats, instead taking time to get to know them and paying attention to their behaviour for warning signs during grooming.

"It takes a pretty unusual individual (to groom cats). You really have to understand cats. That's different than just loving cats."

Paws and **Claws**

"(Some dogs) object strongly when we have to do their ears and nails and brush their faces. It can be dangerous for both us and the dogs ... A lot of people don't realize how hard the work is. I rarely go home without bleeding in some part of me."
Dog Groomer
Jennifer Lowry

The world of pet grooming isn't all about puppies and kittens. Most dogs and cats really don't like being groomed by someone else.

For more of the Paws and Claws exclusive series check Workology frequently or stop by: **metronews.ca/work**

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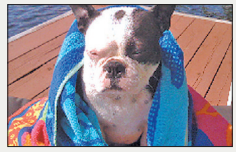
Metro Workology exclusive: Paws and Claws
Be sure to read Workology and Metronews.ca/work for our pet industry feature series Paws and Claws. Seen here is Pace submitted by a loyal Metro reader.

Metro readers' best friends

Paws and Claws feature

• Metro would like thank everyone who has sent in a picture of their pet. Our Paws and Claws feature will be finishing up this week. In an effort to get as many of our readers' pets in the paper, we've decided to dedicate a whole page to it today. Enjoy.

Ben Matlock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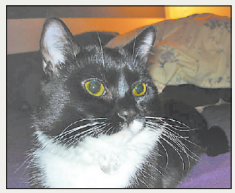
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University of Western Ontario to cut 114 positions
The University of Western Ontario will lay off 55 management and support personnel, as outlined in its budget. UWO has also cut 28 positions currently vacant and 31 employees have decided to take voluntary retirement. METRO NEWS SERVICES

Global stress levels increasing

Difficult economic conditions have had a substantial impact on accounting and finance departments around the globe, according to a new survey of finance and human resources managers.

Respondents reported that economic conditions have contributed to heavier workloads, higher stress levels and lower morale. The study also found that firms are adapting their management strategies to maintain productivity and alleviate the burden on their employees.

The global survey was developed by Robert Half International. The study, focusing on hiring difficulties, retention concerns and other staffing-related issues, is based on a survey of more than 4,800 hiring managers in finance and human resources across 21 countries. This year, the report also examined the effects of the global economic downturn on financial teams around the world.

Employers Addressing Economy's Impact on Workers

In the report, 40 per cent of respondents stated that their finance and accounting departments had been affected by the downturn. Among that group, 49 per cent of respondents have a hiring freeze in place, 47 per cent have consolidated roles and 38 per cent have experienced layoffs. Executives from Hong Kong and France (60 per cent in each country), and Brazil (56 per cent) reported the highest levels of personnel change.

Asked how current economic conditions have affected their individual employees, 39 per cent of respondents cited increased stress. Managers surveyed from Australia and Ireland, along with those from the United States, reported the highest levels of stress among their financial teams (48 per cent). The next most commonly cited effects were heavier workloads and decreased morale.

With the economic downturn, most companies are experiencing Increased stress and workload according to a recent study.

In response to the economic downturn and its impact on their employees, the majority of managers surveyed (70 per cent) said they have taken some form of action to better support their teams. The most common measures employers worldwide are taking include postponing projects and redistributing workloads. Many respondents also said their firms have increased the level of communication with employees.

"Leaner teams mean that everyone is doing more work with fewer resources, which ultimately produces diminishing returns," said Max Messmer, chairman and CEO of Robert Half International. "As a result, managers are rebalancing assignments in an effort to prevent overwork and ensure team members are focused on the most critical projects."

"Leaner teams mean that everyone is doing more work with fewer resources, which ultimately produces diminishing returns."
Human resource expert Max Messmer

Recruiting and Retention Concerns Persist

Despite slowing economic conditions, most managers (56 per cent) said they were still having difficulty finding skilled job candidates for accounting and finance positions, the same percentage as in last year's survey. METRO NEWS SERVICES

High-tech breaks could be good for small biz

TWITTER When Marty Kotis looked at his company's monthly wireless bill, he found a stunning charge — for 2,500 text messages on a single staffer's phone.

There was more: Another staffer had 800, and a third, 700.

But Kotis, who owns a real estate development firm in Greensboro, N.C., didn't reprimand his employees, although many of the messages were personal in nature. Instead, he put it all into perspective.

"The people that had the high text numbers are very good at their jobs," said Kotis, president of Kotis Properties. "They worked weekends, extra hours. I had them do a lot of things for me outside of general work hours."

Just a few years ago, owners were adjusting to workers spending time surfing the Internet. Now, it's texting friends or communicating via Facebook or Twitter. And bosses are learning that as long as the work is getting done, it makes sense to let employees take high-tech breaks.

As Kotis pointed out, many staffers are also working well outside of business hours. "There is blending of work and personal time going on," he said, and so it's fair for employees to take some time during the work day for personal matters.

He said of his own company, "we give them things like work cellphones and ask them to carry them at 8 at night to take calls."

Clamping down on texting, Twitter and the like can give your workplace an unpleasant atmosphere — something that could ultimately hurt your productivity now, and make it hard for you to retain good employees, especially as the economy improves. THE CANADIAN PRESS

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EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Workout on the go

Fitness can happen anywhere, anytime, explains trainer

CELIA MILNE
for Metro Canada

"I can't afford a gym." "I don't have time to exercise." These excuses just don't cut it, says personal trainer Jennifer Cohen.

She believes we can all get fit using our own body weight and what we have around us. "Exercise any time, anywhere, no excuses," is Cohen's motto.

Originally from Winnipeg and now living in L.A., Cohen is co-author (with Zoomer magazine's Suzanne Boyd) of No Gym Required: Unleash Your Inner Rock Star (Key Porter). She has trained Hollywood hottie Keanu Reeves as well as some of the Playboy Bunnies.

This dynamo has turned her philosophy "No Gym Required" into a brand, even developing shoes that help you burn 30 to 50 per cent more calories.

"I really believe the best exercises are the classics: Push-ups, sit-ups, squats and lunges," says Cohen. "Since all you need is your body weight and some motivation, you can actually do these at home, at the office, while traveling, and wherever the mood strikes you."

The "No Gym Required" philosophy starts with just doing something active whenever it occurs to you. "It sounds silly but just doing one small thing every day is a good habit which leads to further great lifestyle choices. If one day you commit to avoiding escalators, you are working out. Pretty soon that becomes a habit and you always avoid escalators," says Cohen.

ISTOCK PHOTO

According to personal trainer and author Jennifer Cohen, exercises you can do using your own body weight — like push-ups, sit-ups and squats — are the best workouts.

You can even use trains, planes, cars and buses as mini-gyms. "When I'm traveling I like to do exercises where I tighten my muscles, hold the contraction for three to five seconds, and then relax before repeating," says Colen. "That way my workout is subtle and I still keep my body moving." When seated, lift your toes while keeping your heels planted and hold for five seconds before releasing and repeating. Or, put your bag, purse, or suitcase on your knees and do calf raises (lift your heel but keep your toes planted). You can even alternate heel, toes, heel, toes as long as you remember to keep the muscles tight for three to five seconds, she says.

To work your arms and shoulders while traveling, do tricep dips using your arm rests, as well as shrugs. Work your core by tightening your abdominal muscles. Be sure to engage the muscle and hold it for three to five seconds before repeating. "It won't exhaust you but if you do it right I guarantee you'll feel it!" says Cohen.

"If one day you commit to avoiding escalators, you are working out. Pretty soon that becomes a habit and you always avoid escalators."
Jennifer Cohen, personal trainer/author

Build skating power

FITNESS The best way to build power for inline skating or rollerblading is plyometrics, or jump-based exercises, according to the Ottawa Inline Skating Club. These help prepare the body for sprints and maintain balance.

Box or bench jumps can be done forward or sideways. They strengthen the muscles required to push off while skating, and help stabilize the legs and core. You can use a step, bench or milk crate.

Box jumps

1. Stand facing a step, one or two feet away from it. (The higher the step, the harder the workout.)
2. Jump onto the step. Try to keep your feet together.
3. Step down and repeat as many times as possible for 30 seconds. This is one set.
4. Rest 30 seconds to one minute. Do two to three more sets.

Note: You can also jump sideways onto the step; devote equal time to each side.

TORSTAR NEWS SERVICE

DAVID COOPER/TORSTAR NEWS SERVICE

Do this move to power-up your legs for inline skating this summer.

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Misunderstood stepmothers

The J Spot

Stepmothers are often portrayed in a negative way in the media (with movies like Monster-in-Law, pictured).

While mothers will get all the glory and the badly burnt breakfast in bed this Sunday, stepmothers mostly just get a bad rap.

Blame it on the Brothers Grimm.

But while modern stepmothers are quick to reject their less-than-favourable fairy tale reputation, Wednesday Martin, author of Stepmonster: A New Look at Why Real Stepmothers Think, Feel, and Act the Way We Do, says they could actually take some lessons from their wicked storybook forestepmothers.

While fairy-tale stepmothers are depicted as all powerful, real-life stepmothers are anything but, says Martin. In fact, they're profoundly disempowered, she says and as the most disempowered person in the stepfamily system primes her for burnout, exhaustion, and even clinical depression. In one Canadian study, doctors discovered a syndrome that was so specific to stepmothers that they called it "Cinderella's stepmother's syndrome."

Fearing they may be perceived as the stereotypical "stepmonster," many women with stepchildren find it difficult to be normally and healthily assertive in their households and in their relations with his kids. Instead these women bend over backwards in order to be seen as nice and perfectly loving at every moment. This only sets the stage for feeling unappreciated.

"Look at yourself and say 'Mirror, mirror, on the wall,'" advises Martin. "Not because you are a homicidal narcissist like Snow White's stepmother, but because women struggling with stepmothering frequently lose sight of their own needs and identities as they attempt to 'fix' stepfamily dynamics."

A toned down version of a wicked stepmother's "coldness" may help you survive the roughest patches of stepfamily life, offers Martin. Accepting a relationship of friendly civility with your stepdaughter rather than pining to be her BFF, for example — will prevent you from feeling resentful, and may set the stage for even warmer relations down the line.

Embracing your power within your relationship with the children's father is equally important, says Martin. "You must forge an airtight alliance with your husband or partner if your partnership is to survive the well-documented difficulties of stepfamily life," she says. "And he and you must both remember that it is reasonable for a stepmother to expect civility in her own home."

So while mothers will be getting all the limelight this Sunday, don't forget that next Sunday (May 18) is Stepmother's Day.

• Check out my new blog Sexcetera at metronews.ca/blogs.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Rejuvenate your routine

Try these expert tips to keep your body healthy and strong

LAURIE PAWLIK-KIENLEN
for Metro Canada

1. Go barefoot for whole-body health

If you refuse to wear shoes in the summer, you may enjoy better blood circulation, a happier mood, stronger bones and better posture.

According to Barefoot in Toronto, a group that promotes a barefoot lifestyle, barefoot walking increases skin health, reduces foot calluses, builds arch strength and enhances sensory stimulation. Going barefoot also creates healthier toenails and reduces foot odour.

2. To burn fat, don't sweat it

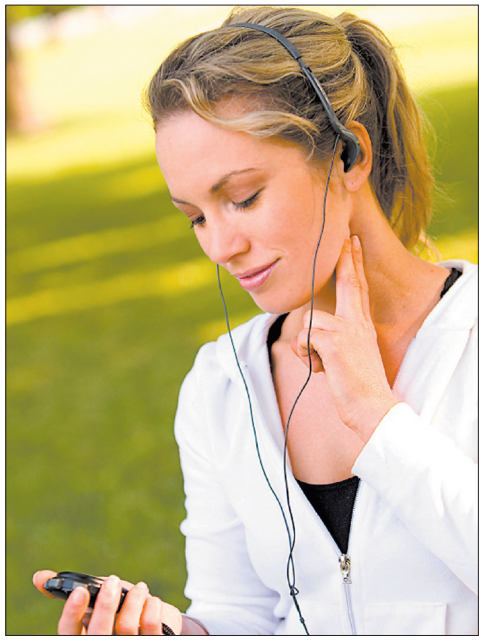
Sweat signals a rising body temperature, not necessarily an increased calorie burn (although most of us will sweat as we work harder). "In the sauna you'll sweat buckets but you aren't burning fat," says Brad Schoenfeld, author of 28 Day Body Shapeover.

"The best indicator of calorie burn is either heart rate or a rating of perceived exertion (RPE)." RPE is a self-report scale that ranges from one (complete rest) to 10 (maximum effort). High intensity equals increased heart rate, which equals more fat burn.

3. Yell to increase fitness levels and self-confidence

IntenSati is "active meditation"— a fitness program that uses the voice and mind to intensify physical workouts. Participants say or shout empowering affirmations while kicking, jumping or lunging. For example, while punching, they yell, "I. Am. Strong. Now!" These motivational phrases boost confidence and distract participants from feeling fatigued, which increases the workout benefits.

If you can't join the program, you may want to try this one in the privacy of your home gym.



ISTOCK PHOTO

The best indicator of calorie burn is heart rate or a rating of perceived exertion (RPE), a report scale that ranges from one to 10.

4. Choose interval training for best results

"You can do too much cardio," says fitness lifestylist Susie Shina, author of 60 Second Circuits: 1000 Ways to Get Your Body Back. "To burn fat effectively, one-minute sprint/recover repeats (interval training) on any cardio machine for a total of 20 minutes can be more beneficial than exercising at a steady rate." Or tackle your intervals outside by walking, running, biking or skipping.

5. Bond to increase motivation and focus

"It's not necessarily resistance training, cardio or core work that keeps you fit," says Florida-based John Kent, owner of Adventure Boot Camp for Women. "It's meeting with others."

Healthy bonding moments — such as running hills or attending Pilates classes in a group setting — keep you motivated and focused on your fitness goals. (Learn about how one reader found motivation in a cycling fundraiser, and in group spin classes.)

6. Take celebrity fitness advice with a grain of salt

"Don't believe everything you read about how the stars stay fit," says Los Angeles-based fitness instructor Torri Shack. "Many celebrities work out four to six days a week for up to 90 minutes each time, have professional trainers and eat a clean, very calorie-restrictive diet. They don't 'just' do Pilates or yoga twice a week." When you compare yourself to a svelte movie star, remember that it's her job to stay beautiful.

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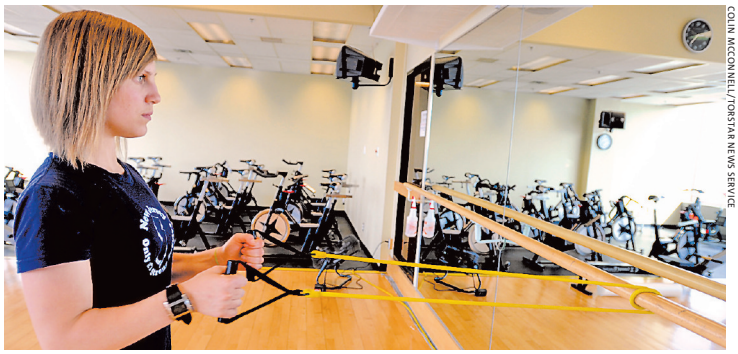
COLIN MCCONNELL/TORSTAR NEWS SERVICE

Paola Loriggio shows how to use a cable row to work your back muscles.

Bringing sexy back

FITNESS One of the sexiest parts of the body is one of the most forgotten at the gym.

"Women especially neglect their backs — they think it will make them bulky," says Daniela Nahas, co-founder of the Best Body Bootcamp. "Not true!"

It's important to train the back, one of the body's major muscle groups, for both function and vanity, Nahas says. A fit, toned back helps you stand tall, perform day-to-day tasks — and look dead sexy in a backless dress or tank top, she says.

"For guys, it will give them a much stronger-looking upper body," she adds.

Nahas recommends a standing cable row, which simulates the pulling motion in many household chores. The exercise also strengthens the core muscles that stabilize the body. The cable row can be done with an exercise band — just loop it around a pole or secure object.

Standing cable row

1. Use a double-handle attachment on the cable machine, at shoulder height. Beginners should start with low weight.

2. Stand tall with abs tight and grab the handles.

3. Step back until arms are straight and a little below shoulder height.

4. Pull the handle toward your chest, keeping elbows close to your sides. Squeeze your shoulder blades together. The motion should come from your upper back.

5. Repeat as many times as you can. That's one set; do three. **TORSTAR NEWS SERVICE**

Smoking causes breast cancer

RESEARCH Listen up, women and girls: Smoking causes breast cancer.

An international panel of experts convened by the University of Toronto recently reviewed all the evidence linking smoking to breast cancer and found the association to be strong. Smoking and second-hand smoke both increase the risk of breast cancer. For instance, women who start smoking at an early age have a 20 per cent increased risk of breast cancer, the researchers found.

Risk for breast cancer can be 35 to 50 per cent higher in long-term smokers who have a certain type of genetic coding. About half of North American women have this genotype, wrote the panelists.

CELIA MILNE/FOR METRO CANADA

In brief

DIET After a toning workout, you should replenish yourself with both carbohydrates and protein, and milk has both. Visit rechargewithmilk.ca.

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Beauty must-haves

JANINE FALCON
for Metro Canada

Gosh Velvet Touch Waterproof Eye Liner
Liner is still a big eye-enhancing trend this season. These super-stay-put pencils can sub in if you're still not comfy with liquid. Available for $13 at Shoppers Drug Mart Beauty Boutiques.

M.A.C Studio Sculpt Foundation SPF 15
The hottest pro-artist beauty obsession at the Spring/Summer 2009 Ready-to-Wear shows last September, M.A.C's new Studio Sculpt gel-based liquid long-wear foundation smooths and hydrates with a natural satiny finish. Available for $33.50 at M.A.C boutiques and maccosmetics.com.

Benefit Smokin' Eyes Kit
Palettes and kits are smart spending choices: you get a co-ordinated collection of makeup for less than the cost of buying each item separately. With this one you also get easy how-tos on the always-sexy smouldering look. Available for $42 at Holt Renfrew Bloor St., Toronto; Sephora, sephora.com; Shoppers Drug Mart Beauty Boutiques; and Murale.

Cargo Timestrip Lip Gloss
Cargo's Timestrip technology means you don't have to keep track of your gloss expiry date. Slot the strip into the cap when you open the tube; when the window shows all red in nine months, it's time for a new lippie. Available for $22 to $24 at Sephora and sephora.com.

Home-Colour Crew
Your at-home salon is open for business: L'Oréal Paris Excellence-to-Go ($13.99) colours gently in just 10 minutes; Marc Anthony Pro Roots Touch Up, pictured, ($13) banishes roots between pro appointments. At drugstores.

Consonant Organic Body Care
Consonant is a new Canadian line of natural soaps, body washes and body lotions made with fair-trade, organic ingredients. Formulated without dyes, synthetic fragrance, parabens or harsh chemicals, the washes and soaps cleanse without drying and lotions deliver excellent hydration with a satisfyingly elegant texture. Available for $12 to $22 at The Bay, Sears and select boutiques.

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Is your skin getting bad?	■	■

These symptoms above are some of the most common signs of toxic overload, and detoxing once or twice a year is often recommended as a solution. In a recent study of 116 women in the UK, 70% were satisfied or very satisfied with the results from their Biofirm detox.

I unjunked my body!

Lina works in the fitness industry in Ottawa and recently came across an article on detoxing. Here is her story;

"I was having a hard time losing those stubborn extra pounds and I was tired a lot, which showed in my face. So when I came across a Biofirm story in the local newspaper, it made me curious.

It definitely made sense to me that we get tired and bloated from too many toxins in our foods and from our environment. But I didn't know that it made us gain weight! So I purchased a box of Biofirm and took the recommended 6 tablets a day for a month with lots of water and high-fibre foods. I was determined to unjunk my body!"

I lost 11 pounds on the detox!

"In the first 4 weeks I lost 7 pounds. I definitely felt lighter and my skin was looking great – I was glowing! I had read that it could be unpleasant to take Biofirm but I actually enjoyed it, especially because you are still able to do your daily duties. You don't have to stay home or do it on the weekends.

After the 30 days detox, I wanted to continue, so I bought another 14 days of tablets. Again, I lost another 4 pounds and my clothes were getting very loose! I was thrilled - and the great part is that I didn't have to exercise vigorously for 6 weeks!!"

– Line B., Ottawa

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Entertainment

Period drama
Sex And the City actress Sarah Jessica Parker is turning her back on ultra-modern fashion — she is eyeing a part in an elaborate period drama. "I'd love to do a costume drama," she said. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Boldly starting over

Star Trek recruits new actors to take over familiar roles

NED EHRBAR
for Metro Canada

In revitalizing the more than 40-year-old Star Trek franchise — which hits theatres Thursday — J.J. Abrams knew that no aspect was more important than casting the crew of the USS Enterprise.

And while the challenge of finding actors to take on some of the most recognizable characters in film and television history was daunting, it was nothing compared to what the actors tasked with those roles faced.

In getting into the character of Spock, Zachary Quinto was lucky enough to have one of the best resources available right on set: Leonard Nimoy, the original Spock, who also appears in the film. "He was so available and supportive and open to my questions, many of which had to do more with the impact playing this character had on his life," Quinto says.

What came as a surprise to Quinto was how much time he ended up spending on one small but iconic aspect of Spock. "I did a lot of hand exercises to make sure I could do the Vulcan salute," he remembers. "I would rubber-band my pinky and my ring finger together and drive around L.A. because I couldn't do it at first."

PARAMOUNT PICTURES PHOTO

The crew of the USS Enterprise includes, from left, Chekov (Anton Yelchin), James T. Kirk (Chris Pine), Scotty (Simon Pegg), Bones (Karl Urban), Sulu (John Cho) and Uhura (Zoë Saldana).

While Quinto had the luxury of interacting with his predecessor, Chris Pine only had the long shadow of William Shatner to contend with. (The two actors didn't meet in person until a charity event in L.A. two weeks ago.) But Pine says he preferred not having the original Capt. Kirk hanging around. "I won't lie, I am jealous of Zachary's relationship with Mr. Nimoy," Pine says. "But I know that if I had the kind of indomitable presence of Mr. Shatner on set, it would've been hard for me to carve my own niche."

John Cho, who inherits the role of Sulu from George Takei, also had to tread carefully when developing his character. "He's got that voice, and he's become quite the icon as a person and as an actor," Cho explains. "I flirted with the idea a little bit, but it seemed like a very bad idea to do an imitation."

Karl Urban felt doubly responsible, being an actor as well as a longtime fan of Star Trek. As the acerbic Dr. (Bones) McCoy, DeForest Kelly was a major scene-stealer, and Urban doesn't disappoint. "It was quite surreal to be on the bridge of the Enterprise and to be saying some of those truly iconic lines," he says.

"The task for me was to try and identify the spirit and essence of the wonderful work that DeForest Kelly did and funnel that through my interpretation of what that character would be. There were many times where I wasn't quite sure where the line was."

New chapter begins for Page as solo artist

Steven Page concedes he's had a rough time, but he has no regrets.

Minutes before making his solo debut on Sunday and taking a step into the future without the Barenaked Ladies, Page briefly talked about his former bandmates.

"There are a lot of things I'll miss about the band. They are my great friends," he said. "The time I've spent with them is what I'll probably miss the most. We made amazing music together, but no regrets. I feel good about the future, too."

Page, the band's former frontman, hosted a fundraiser for People for Education at the Young Centre for the Performing Arts in the Distillery District.

In his first performance after leaving the iconic Toronto group in February, he sang What A Good Boy from the band's album Gordon for the packed hall.

Page said he was happy to perform for a good cause. "Anything that benefits people for education, benefits me and my family," said the singer, whose three children live in Toronto.

It was his first performance after drug charges against him in New York state were dropped last week.

"It's nice to have that behind me," he said. ... (I) feel like a big weight has been lifted."

Dale Young, a fan, was glad Page was back. "I'm happy he's made his comeback in a good cause. But it's always a shame when a band loses a member."

Steven Page
GETTY IMAGES

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DVD picks

The Curious Case of Benjamin Button

Director: David Fincher

A MAGICAL and moving account of a man living his life resoundingly in reverse, very loosely based on an F. Scott Fitzgerald short tale from 1922, it delivers top-notch moviemaking in every department. Most impressive of all is the digital breakthrough that allows Brad Pitt to age so convincingly from very old to very young, placing his face upon the forms of stand-in actors.

Nominated for multiple Oscars, include best picture and best director for David Fincher (Zodiac), the film tells the story of a baby, Benjamin, that is born in 1918 looking like a tiny old man.

The child is so alarmingly different, his father abandons him on the doorstep of a seniors' residence, where kindly Queenie (Taraji P. Henson), takes him in. It gradually dawns on Queenie that Benjamin is aging backwards.

As the years pass, a beautiful redheaded dancer named Daisy (Cate Blanchett) enters his life, and the two recognize that they are kindred spirits.

Daisy's dancing takes her to New York, Paris and back to New Orleans, following a timeline where her natural aging eventually intersects with Benjamin's unnatural youthfulness, with attendant complications of both heart and mind.

There is no abiding message. Just the wistful observation that life has a way of taking its own path, sometimes a backwards one, and we do have choices in how we travel it.

The bountiful extras, depending on which edition you purchase (there's also a Criterion Special Edition), fully explore the film's groundbreaking special effects.

There's information on the "digital makeup" used, the thousands of costumes and the creation of an animatronic baby. Fincher provides a director's commentary.

Wendy and Lucy

Director: Kelly Reichardt

A LOST DOG makes for deeply felt drama in Wendy and Lucy, a film of inner turmoil painted on a minimalist's canvas.

The plot of director Kelly Reichardt's film, which she co-wrote with Jon Raymond (whose story Train Choir lit the spark), could be reduced to two lines: Woman loses dog. Woman searches for dog.

Around these mundane events, though, are a series of frustrating setbacks that help illuminate the reasons for the perpetually downtrodden expression of Indiana drifter Wendy Carroll (Michelle Williams).

Driving a wheezing 1988 Honda, she arrives in a small Oregon town with her dog Lucy, a yellow-gold retriever mix that is her only companion. The two are on the road to Alaska, where Wendy hopes to land a job in a fish cannery, earning enough money for them to start a new life. It's hard to imagine things could get worse for Wendy, but hard knocks keep finding her.

Wendy and Lucy is a study in contained emotion. The acting and lighting are flat, and the soundtrack is unadorned by music that could tug the heartstrings.

The victories and insights gained in this minimalist drama are hard-won and small in stature, but they linger on the mind.

Extras are few. Reichardt doesn't do commentary tracks. In her quirky manner, however, she does offer four experimental shorts by like-minded filmmakers.

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Twilight takes on Slumdog
It's Twilight versus Slumdog Millionaire at this year's MTV Movie Awards. The Oscar-winning romance and the vampire film have six nominations each. Slumdog star Dev Patel, right, and Twilight's Robert Pattinson are nominated for breakthrough performance. THE ASSOCIATED PRESS

Madonna adoption dispute

Malawi's highest court heard arguments yesterday on Madonna's bid to adopt a three-year-old girl from the southern African country, as a dispute erupted over whether a man trying to stop the proceedings is the girl's father.

Madonna was not at yesterday's hearing at the Malawi Supreme Court of Appeal, which was held in public after the judges reversed an earlier decision to hold a closed session.

The three judges adjourned after hearing from lawyers for the pop star and for two independent children's rights groups. The judges did not immediately set a date for the next session in the case, at which a decision was expected to be announced.

Madonna is fighting a lower court's decision that she cannot adopt Chifundo Mercy James because she had not been screened over time by Malawi authorities. The court said the rules were bent when Madonna adopted her son David from Malawi last year.

The pop star's Malawian lawyer, Alan Chinula, said he was "hopeful" the appeal would succeed, and argued the lower court had relied on outdated law to block the girl's adoption.

Madonna found the girl in 2006 at Kondanani Children's Village, an orphanage in Bvumbwe just south of the commercial capital of Blantyre. It was the same year she adopted David, whom she found at another orphanage in the central Mchinji district.

On Sunday, a man told The Associated Press he was the girl's father, and has sought help from the Malawi Law Society to stop the adoption.

James Kambewa, a 24-year-old security guard, acknowledged he has never seen the child. According to court documents, she was placed in the orphanage when her 14-year-old mother died a few weeks after giving birth to her.

THE ASSOCIATED PRESS

The Boss honours Seeger at 90th birthday concert

MUSIC A star-studded medley of musical guests played tribute to Pete Seeger at a benefit concert for the legendary folk singer's 90th birthday.

Pete Seeger

Bruce Springsteen, Dave Matthews, Ani DiFranco and John Mellencamp were among 40 musicians performing in Madison Square Garden for the Sunday night show, a benefit to raise awareness for Hudson River Sloop Clearwater, an organization Seeger started to preserve and protect the Hudson River.

A lone light shone on Seeger as he opened the show playing a flute solo. As the lights came up, they revealed the outline of a sloop, fitting for an event dubbed the Clearwater Concert after the organization's vessel, the gaff sloop Clearwater.

Springsteen brought the crowd to laughter as he introduced Seeger. "He's gonna look a lot like your granddad that wears flannel shirts and funny hats. He gonna look like your granddad if your granddad can kick your a—."

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T.O. Top Model contestant

Tiffany, a 23-year-old receptionist from Toronto, will be among the 11 finalists vying to become Canada's Next Top Model when the television series returns to CTV on May 26. METRO NEWS SERVICES

Woodstock vets to return 40 years on

MUSIC Some performers from the 1969 Woodstock concert will get back to the garden for a 40th anniversary show this summer. On the bill for Aug. 15 are the Levon Helm Band, Jefferson Starship, Big Brother and the Holding Co., Ten Years After and Canned Heat.

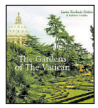
Spike TV network will mine swine flu

TV Hurricanes, plane crashes, tsunamis, and now, swine flu. The Spike network says a swine-flu themed episode will be included in a new series called Surviving Disaster, to air early next year.

THE ASSOCIATED PRESS

Get a glimpse of the Vatican's gardens

EXHIBIT In an Angels & Demons mood but can't wait for the film to come out next week? Get your fix of Rome at the First Canadian Place Gallery tomorrow for The Gardens of the Vatican.

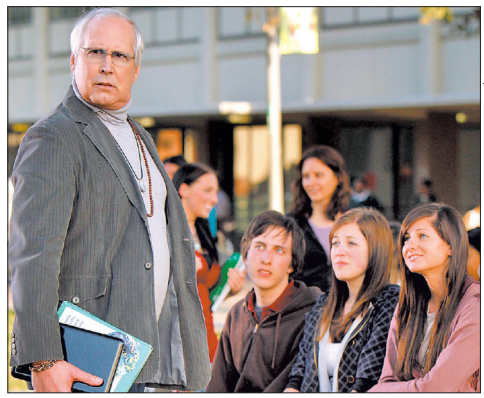


Twenty-seven years in the making, the exhibit offers a look through the grand gardens of the Vatican with photographs taken by artist Linda Kooluris Dobbs. Dobbs will speak about her work at 12:15 p.m. Copies of Dobbs and co-author Kildare Dobbs' book, The Gardens of the Vatican will also be available at the event.

METRO NEWS SERVICES

NBC unveils new shows

Jay Leno's bid for prime-time triumph next season will be backed by nurses, paramedics and filmmaker Ron Howard.



JAROD ALTHAUS/NBC

Chevy Chase, left, in a scene from NBC's comedy Community.

NBC is adding four new dramas to its 2009-10 schedule, including a pair of medical shows and the Howard-produced Parenthood, based on the 1989 movie he directed, the network announced yesterday.

Two new comedies, Community with Chevy Chase and 100 Questions, were announced, and the network is ordering prime-time episodes of the Saturday Night Live fake newscast Weekend Update. NBC said it's renewing Heroes and newcomers Parks & Recreation with Amy Poehler and police drama Southland.

NBC is building its next schedule on a bold gambit, giving its daily 10 p.m. ET slot to The Jay Leno Show — the title announced yesterday — after he steps aside as Tonight show host this month. Conan O'Brien takes over the late-night talk show June 1.

The fourth-place network, which has struggled to launch new shows, is "doubling down on its scripted commitment," said Ben Silverman, co-chair of NBC Entertainment and Universal Media Studios. "We're going to have more strength from 8 to 10 p.m. than we've ever had to assure that Jay has big lead-ins," he said.

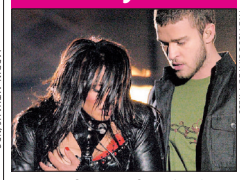
NBC had previously announced the return of 30 Rock, The Office, Law & Order: Special Victims Unit, The Celebrity Apprentice, Biggest Loser and Friday Night Lights. The new reality shows The Marriage Ref, produced by Jerry Seinfeld; Breakthrough With Tony Robbins and Who Do You Think You Are? also had been announced.

The fate of other series won't be known until NBC unveils its full schedule May 19. That includes Medium, Chuck, My Name Is Earl and the original Law & Order.

THE ASSOCIATED PRESS

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

Not dead yet



THE ASSOCIATED PRESS

Janet Jackson and Justin Timberlake at Super Bowl XXXVIII.

U.S. high court keeps FCC vs. CBS fight alive

TV The U.S. Supreme Court is ordering a federal appeals court to re-examine its ruling in favour of CBS Corp. over Janet Jackson's wardrobe malfunction. The court has directed the 3rd U.S. Circuit Court of Appeals in Philadelphia to consider reinstating the $550,000 US fine that the Federal Communications Commission imposed on CBS over Jackson's breast-baring performance at the 2004 Super Bowl.

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GlobalStyle
Kenya Hunt
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TO	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/5/09	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		East West 101		Around the World		Agenda-Paikin
primetime	211	331	3	GTV	ET Canada	Entertainment	NCIS "Legend" (N)		90210 (HDTV) (N)		Durham County		News
	215	343	4	OMN1	2Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	To Be Announced		NHL Hockey: Western Conference Semifinal Game 3 -- Canucks at Blackhawks						The Hour
	214	344	7	CITY	Law & Order: SVU		Scrubs	Friends	Rita Rocks	Friends	Curb-Enthsm	Friends	News (N)
	212	313	8	CTV	etalk	Hollywood	American Idol		(9:01) Fringe (N)		Law & Order: SVU		News (N)
	218	345	11	E!	The Insider (N)	E! News	The Biggest Loser (N)				Dr. 90210		News (N)
	137	763	13	TFO	Panorama		La Dynamique du cerveau		Les Égarés ★★★ (2003, Drame)			Folie-aventure	Tournants
	-	-	14	-	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	Mermaids ★★★ (1990, Comedy-Drama) Cher.				To Serve and Protect		Becker
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Legend" (N)		The Mentalist (HDTV) (N)		(10:01) Without a Trace (N)		News (N)
	-	385	17	NBC	The Insider (N)	Entertainment	The Biggest Loser (N)				Law & Order: SVU		News (N)
	-	386	18	ABC	Wheel-Fortune	Jeopardy! (N)	Scrubs	Better Off Ted	Dancing With the Stars		(10:02) Cupid (N)		News (N)
	219	346	20	ACH-B	Instant Star	TMZ (N)	Reaper (HDTV) (N)		Dancing With the Stars		(10:01) Without a Trace (N)		News (N)
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol		(9:01) Fringe (N)		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (HDTV) (DVS)		Frontline "Sex Slaves"		Age of Terror		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Reaper (HDTV) (N)		90210 (HDTV) (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	'70s Show	Frasier	Frasier	Punk'd
	298	653	332	TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Reaper
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report		CNBC Reports (HDTV)		As Seen on TV		On the Money		Mad Money
sports	405	417	22	net	MLB Baseball Boston Red Sox at New York Yankees. From Yankee Stadium in the Bronx, N.Y.						Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey	UEFA Champions League Soccer: Semifinal, Leg 2 -- Arsenal vs. Man Utd					SportsCentre	NHL Hockey: Conf. Semifinal	
	411	457	58	OLN	Dog the Bounty Hunter		Departures "Zambia"		Mantracker		Dog the Bounty Hunter		Departures
	417	406	81	SC	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
family	551	542	25	YTV	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach (DVS)		Mystery Hnt.
	554	544	45	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	556	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Remedy Me	Keep Real	Style by Jury	Style by Jury	Miss Naked Beauty (N)		Maxed Out
	570	580	29	MM	One Tree Hill		Instant Star	Instant Star	CollegeHmr	Video on Trial	Degrassi: TNG	Degrassi: TNG	One Tree Hill
	615	520	31	A&E	CSI: Miami "Deviant"		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters
	700	800	35	TLN	Centrovetrine	Sky TG 24	Serie A	Magnifica Italia	Nati Ieri		Raymond	Raymond	George Lopez
	571	581	36	MMM	The Daily Fix		Ranked!		Hogan Knows	Hogan Knows	Entourage	Gene Simmons	The Daily Fix
	575	583	38	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Toby Keith
	616	521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	Saving Grace (N)		House
	620	523	40	BVO	The Long Song (DVS)		At the Concert Hall		Johnny Cash: The Man, His World,		His Music	Bravonews	Law & Order
	601	562	41	SLC	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Bride, Poor Bride		Rich Bride, Poor Bride		ET Canada
	522	506	43	HIS	NCIS "About Face"		Sandhogs "Meltdown"		Crime Stories		NCIS "About Face"		Marine Mach.
	625	548	44	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Roast of Pamela Anderson		Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	HGTV's Top 10	Dirty Business	SarahCottage	Design Inc.	House Hunters	House Hunters	Holmes-Homes
	294	529	47	TBS	MLB Baseball New York Mets at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Home Videos	Seinfeld	Family Guy
	576	582	49	BET	106 & Park		ATL ★★ (2006, Comedy-Drama) Tip "T.I." Harris, Lauren London.				College Hill	College Hill	ATL ★★
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: First Contact ★★★ (1996, Science Fiction) Patrick Stewart.					Star Trek	Stargate SG-1
	581	566	52	MTV	Room Raiders	After	Canada's Next Top Model		Beatdown	College Life	College Life	Beatdown	MTV Live
	618	524	54	TROP	Vanity Insanity	Tube Tales	Tube Tales	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	56	FOOD	Chef at Home	French Food	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V	Murder, She Wrote		Watchtower	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
	621	527	63	STR	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Look-A-Like	Look-A-Like	The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Big Comfy	Zigby Game.	Max & Ruby
	115	711	101	TVA	Qui perd gagne (SC)		La Fièvre de la danse (SC)		Nos étés (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA	Judging Amy		Missing "Truth or Dare"		Missing "Deep Cover"		Encounters	In Dreams	Psychic Inv.
	300	601	301	M1	Disturbia	(7:25) Bunny Whipped (2007)			The Bucket List (2007, Comedy-Drama)			(10:45) Vacancy (2007)	
	305	612	306	PIX	Black Rain	Post Concussion (1999, Comedy-Drama)			The Wedding Singer ★★★ (1998)			(10:45) Deadbolt (1992)	

critics' corner

Vacancy
This relatively standard horror/thriller flick gets a class boost by starring Kate Beckinsale — which is canceled out by male lead Luke Wilson. The two star as newly married couple Amy and David Fox, who become trapped in a motel rigged with cameras. The purpose? To film their demises, of course. 10:45 PM on M1

The Biggest Loser
The contestants learn that final challenge is to run a full marathon, a 26.2-mile course, with those who complete the marathon getting a $10,000 bonus for the charity of their choice. After a "last-chance workout," viewers determine who will be the third finalist in the season finale. 8 PM on E! NBC

Without a Trace
The team races against the clock to find a teenager who was last seen in an amateur video being psychologically tormented by her unseen captor in the new episode "Devotion." Series star Anthony LaPaglia came up with the idea for this episode's story line. 10:01 PM on ACH-B CBS

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Jackman crossing over
Hugh Jackman will produce and star in a screen adaptation of Doug TenNapel's graphic novel Ghostopolis, about a supernatural immigration task force agent who teams up with a female ghost to retrieve a boy accidentally sent to the other side. THE HOLLYWOOD REPORTER

Celebrity Buzz

Jenny heads to TV land?

TELEVISION The outspoken Jenny McCarthy is joining forces with TV's queen of talk, Oprah Winfrey — for, among other projects, her own talk show, people.com reports.

For starters, according to the Hollywood Reporter, McCarthy, 36, has already launched her own blog on oprah.com. Friday's entry concerned PMS and sugar. The trade paper likens McCarthy's chances to breakthrough to those others who previously have aligned with Winfrey, including Rachael Ray and Dr. Phil.

McCarthy has already been a frequent guest on The Oprah Winfrey Show, discussing, among other topics, how she took on the medical establishment to deal with her son Evan's autism.

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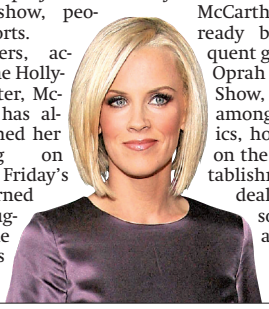


Maggie and Peter wed

MARRIAGE Maggie Gyllenhaal and Peter Sarsgaard made it official on Saturday: The longtime couple, who have a daughter together, tied the knot in a romantic wedding in Italy, people.com reports.

"We are happy to confirm that Maggie and Peter were married on Saturday, May 2," the actress' rep said in a statement to People. The celebration took place in a small chapel in Brindisi, according to European news reports. Among the guests were Jake Gyllenhaal and Reese Witherspoon.

METRO NEWS SERVICES

GETTY IMAGES

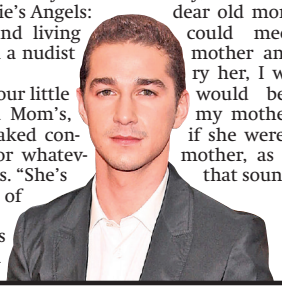
Shia's Oedipus complex?

CONFESSION Transformers star Shia LaBeouf opens up to Playboy, telling the magazine about the trials of going through puberty on the set of Charlie's Angels: Full Throttle and living in a home with a nudist mother.

"You've got your little buds over, and Mom's, like, playing naked connect the dots or whatever," LaBeouf says. "She's in the middle of goddess-group time, where it's literally a bunch of naked women tracing auras around one another's bodies."

When asked who he finds sexy, LaBeouf says it's dear old mom. "If I could meet my mother and marry her, I would. I would be with my mother now, if she weren't my mother, as sick as that sounds."

METRO WORLD NEWS



Not retiring yet: Naomi

CAREER The supermodel Naomi Campbell has herself dismissed reports she's retiring from the runway to start a family — and says she's not finished with fashion yet, femalefirst.co.uk reports.

The 39-year-old recently revealed she dreams of motherhood and one day plans to slow down her career — prompting speculation she wants to retire and settle down with tycoon boyfriend Vladislav Doronin.

She said, "It'll be 25 years (as a model) next year. In terms of fashion shows, I don't really see myself doing every show everywhere. I'm a woman and I'd like to be a mother one day."

But she's not ready to quit just yet. Her spokesperson told the website earlier this week, "She's absolutely not retiring from fashion. She loves what she does for a living and she's not planning to retire."

METRO NEWS SERVICES

Arnie's Terminator passé: Bale

MOVIES Christian Bale says Arnold Schwarzenegger is no longer relevant to the Terminator movie franchise, femalefirst.co.uk reports.

The Terminator Salvation star — who stars in the forthcoming latest installment of the sci-fi series — says the new blockbuster is dramatically different from when the 61-year-old actor-turned-politician played the title character in 1984.

He said: "Terminator 2 is the original nightmare of just being pursued that everyone has, by somebody who just will not stop, never stops, doesn't give up. When you've got someone who looked like Schwarzenegger coming after you it made a big difference but nowadays, it wouldn't really — we've seen so many guys who imitated him and it just became a little passé."

Although pleased with the results, Bale says disassociating the movie from Schwarzenegger's cyborg assassin role in the sci-fi hit The Terminator was a challenge.

METRO NEWS SERVICES

Not just a song: Pink's coming out

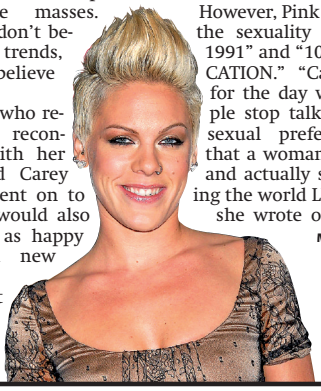
SEXUALITY Grammy-winning singer Pink has talked about her sexual encounters with women in the past — but in a new interview, the singer talks for the first time about being bisexual, The Advocate reports.

"I'm not embarrassed about being bisexual," Pink told the U.K.'s News of the World. "This is who I am. Love is pure and I try to keep it that way. This is who I am, what I feel. I think it's unnecessary to draw the subject out, but I think it even more stupid not to discuss it. It seems as if bisexuality is a trend and I should whip up the masses. Well, I don't believe in trends, I just believe in me."

Pink, who recently reconciled with her husband Carey Hart, went on to say, "I would also be just as happy with a new woman. I'm not complicated, I sing about love in all its shapes, forms and colours."

However, Pink has called the sexuality story "So 1991" and "100% FABRICATION." "Cant WAIT for the day when people stop talking about sexual preference or that a woman is a CEO and actually start making the world LIVEABLE," she wrote on Twitter.

METRO NEWS SERVICES



Meeting Bruno traumatic: Paula

PEOPLE Paula Abdul says meeting Sacha Baron Cohen in character left her traumatized for a year, femalefirst.co.uk reports.

The American Idol judge — who had no idea she was being filmed for Cohen's latest alter-ego, flamboyant Austrian fashion reporter Bruno, for his new movie — said: "It was hysterical, but it was so disturbing.

"It is the most interesting, wacked-out situation that happened to me. I was scarred for my life for a year. I walk into the home, and I'm greeted by this futuristic Captain Nemo-looking dude with a Mohawk and he's flaming. And I'm going, 'Oh, this is going to be one of those fun Japanese game shows.' I'm like, 'OK, this is weird.'"

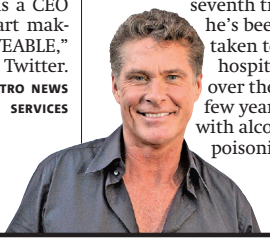
METRO WORLD NEWS

The Hoff suffers alcohol poisoning?

HEALTH David Hasselhoff was reportedly found unconscious at his home in Encino, Calif., due to alcohol poisoning, according to radaronline.com.

He was allegedly "barely breathing when they got him to the hospital," a source reportedly told the website. "This is about the seventh time he's been taken to a hospital over the last few years with alcohol poisoning."

METRO WORLD NEWS



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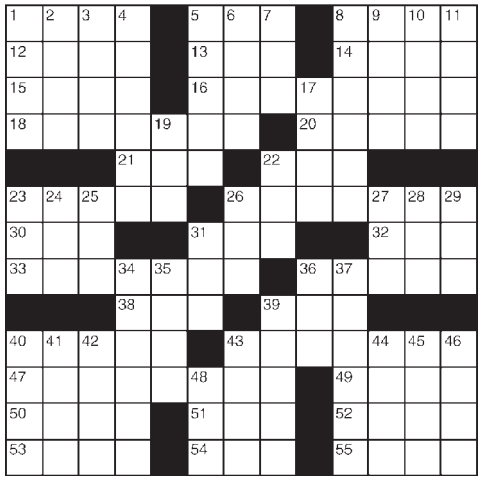

Crossword across

1 Amorphous movie monster
5 Zero
8 Cold War initials
12 Philbin's co-host
13 Raw rock
14 Entreaty
15 Exam format
16 Michael Jackson step
18 Portable music player
20 Two under par
21 Help
22 Supporting
23 NYC borough
26 Authoritative command
30 Oklahoma city
31 April 15 payment
32 — de deux
33 — bread
36 Become less intense
38 Boston team, for short
39 Make marginalia
40 Marble type
43 Wacko
47 Courtroom agenda
49 Get wind of
50 Duel tool
51 Bookie's due, briefly
52 Therefore
53 Line of fashion?
54 Hearty brew
55 Serves the purpose

Crossword down

1 Forehead
2 Old Italian money
3 October birthstone
4 Romanian, e.g.
5 Wanderer
6 Press
7 Zodiac cat
8 To the sky
9 Refinery waste
10 Hawk
11 Croupier's tool
17 Night light?
19 Blend
22 Send quickly
23 Foul
24 Mineral stat
25 Feedbag tidbit
26 Welcome sight?
27 Suitable
28 Greek cross
29 Kreskin's claim
31Monkey suit
34 Honour
35 Yuletide refrain
36 Parcel of land
37 Left a good impression?
39 Arbiter
40 Experts
41 Stare open-mouthed
42 Cruising
43 Perform perfectly
44 Re planes
45 Wise one
46 Cupid's alias
48 Eggs

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6	2	1					7
				2	6		8	3
	4	8						
		3		4				5
	1						2	
8				5		7		
						1	5	
1	2		5	9				
5					7	8	4	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	6	7	5	3	2	1	9	8
9	1	5	8	4	6	3	2	7
2	8	3	9	1	7	4	6	5
5	9	1	6	8	4	2	7	3
3	2	6	7	5	9	8	1	4
8	7	4	1	2	3	6	5	9
7	4	8	2	6	5	9	3	1
6	3	9	4	7	1	5	8	2
1	5	2	3	9	8	7	4	6

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Pesto Fish Cakes

INGREDIENTS:

1 lb (500 g) potatoes, peeled and cut into cubes
3/4 lb (375 g) skinless firm white fish fillets
6 3/4 tbsp (100 ml) 1 per cent milk
salt and freshly ground black pepper
3 scallions, finely chopped
finely grated zest of 1 lemon
2 tbsp (25 ml) pre-made pesto
1/4 cup (50 ml) plain flour
1 cup (250 ml) fresh whole-wheat breadcrumbs
1/4 cup (50 ml) grated parmesan
1 large egg, beaten
8 small tomatoes, halved
sprigs of fresh flat-leaf parsley to garnish

METHOD:

1. Cook potatoes in pot of boiling water until tender, 15 minutes.
2. Put fish in deep non-stick frying pan with milk and seasoning. Bring almost to boiling, then reduce heat, cover and poach until flakes when tested with a fork, 5 minutes. Remove fish and flake flesh, discarding bones. Reserve milk.
3. Drain potatoes and mash. Add fish to potatoes with scallions, lemon zest, pesto and 1 1/2 tbsp (20 ml) poaching milk for soft mixture. Season to taste. Allow mixture to cool.
4. Shape fish mixture into eight thick flat cakes and dust all over with flour. Combine breadcrumbs and parmesan on plate. Coat fish cakes in beaten egg and then crumbs. Chill until ready to cook.
5. Preheat oven to 375 F (190 C). Place the fish cakes on non-stick baking tray with halved tomatoes. Bake 20 minutes. Serve garnished with parsley.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Don't let anybody tell you how to act. There's no such a thing as too much fun. Make a diversion after a dim-witted dispute.

TAURUS
APRIL 21-MAY 21
Your contribution is appreciated. Truthfulness is at stake during a wild excursion. Make things right with your heart.

GEMINI
MAY 22-JUNE 21
An impromptu remark limits chances to dazzle others. Indulge yourself with a bath to calm down. Be appreciative to those who contribute.

CANCER
JUNE 22-JULY 22
A digestive problem is affected by anxiety. Stop anticipating a change in strategy. A former friend will sway other people's opinions.

LEO
JULY 23-AUG 23
Plan activities that rest your mind. Withdraw from an alliance with a spendthrift. A hassle results when a folder is rearranged.

VIRGO
AUG 24-SEPT 22
You'll learn something from a grateful person. Don't torment yourself after a quarrel. The secret solution to a late call is to be unavailable.

LIBRA
SEPT 23-OCT 23
Open your eyes to find a lost love. Have a serious chat but don't do battle. A dreamer gets the go-ahead.

SCORPIO
OCT 24-NOV 22
An eccentric person is freed from a load. Someone will complain about naughtiness. Don't torment anyone about past quarrels.

SAGITTARIUS
NOV 23-DEC 21
Don't abandon loved ones who have money problems. Faith in true love changes a love match. An abrupt termination comes under scrutiny.

CAPRICORN
DEC 22-JAN 20
Fear can't keep you from trying something out. A lonely person notices what is said. You'll get satisfaction from someone's removal.

AQUARIUS
JAN 21-FEB 18
You'll be bored by an arrogant fool. A nasty mood provokes a sudden roar. Don't condone bad behaviour and poor judgment.

PISCES
FEB 19-MARCH 20
A sighing friend needs some hearty laughter. A youth can spread as much joy as possible. A faithful person does the accepted thing.

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WORDY GURDY

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Bono's band's ballet skirts (2)
2. Happy alum (1)
3. Obstruct a wall timepiece (1)
4. Not so wet monk like Tuck (2)
5. Actor Wesley complains (1)
6. Insanity awfulness (2)
7. Potato chip brand's songs in commercials (2)

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ANSWERS
1. U2 TITOS 2. CLAD GRAD 3. BLOCK CLOCK 4. DRIER FRIAR
5. SUITES GIFTED 6. MADNESS BADNESS 7. PLOWLESS SINGLES

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